



## THE SPREAD

### CONTINENTAL 22

Freshly baked breads + pastry  
 Homemade granola + cereals  
 Seasonal jams + spreads  
 Organic yogurts  
 Cured meats  
 Locally sourced cheese  
 Seasonal fruits  
 Mixed nuts + dried fruits  
 Fresh salad  
 Black coffee + tea



## DRINKS

### BEVERAGES 5

#### Allpress Coffee

Allpress barista coffees

#### T2 Teas

Chamomile | English Breakfast | French  
 Earl Grey | Sencha | Peppermint |  
 China Jasmine | Gorgeous Geisha | Detox

#### Other

Fruit juices | Sodas



BREAKFAST DAILY  
 6.30 AM - 10 AM



## RISE & NOSH

*Getting you ready for your day  
 in the adventure capital*

ALL FOR 36

MADE TO ORDER MAIN  
 FRESH & LOCAL DELI SPREAD  
 TEA & BARISTA COFFEE



FREE RANGE EGGS, FREE FARMED BACON  
 AND LOCALLY SOURCED INGREDIENTS



## MAINS

### PICK-ME-UP SMOOTHIE BOWL **VG GF** 16

STRAWBERRY, ALMONDS, BANANA, GOJI BERRIES

### THE SALMON DANCE **GF** 19

A DELICIOUS GREENS SALAD WITH HERBED MAYO,  
 POTATO ROSTI, AND LIME DRESSING TOPPED WITH  
 NEW ZEALAND SMOKED SALMON.

### DESAYUNO DE CAMPEONES **GF** 18

MEXICAN STYLE EGGS: WE FRY THE EGGS, TOP THEM  
 WITH AVOCADO & TOMATO SALSA ALL SERVED ON  
 SMOKED BEANS, BACON AND SAUSAGES.

### NOT YOUR AVERAGE BENEDICT 19

OUR SIGNATURE TAKE ON A CLASSIC: FLAWLESSLY  
 POACHED EGGS ON A NEST OF MUSHROOMS AND  
 GREENS, BACON TO TASTE, WITH TOAST AND  
 HOLLANDAISE ON THE SIDE.

### WOK JOY FRIED RICE **V GF** 15

FULL OF FLAVOUR, AND A TAD SPICY TO INSPIRE  
 YOUR NEXT ADVENTURE. WITH SPRING ONIONS,  
 GINGER, CORIANDER AND SRIRACHA DRESSING  
 TOPPED WITH FREE RANGE EGG OR TOFU.

### MAKING OMELETTE GREAT AGAIN **V** 19

FRENCH STYLE; SOFT AND EVENLY COOKED  
 ACCOMPANIED BY CHARBROILED TOMATO, ROASTED  
 MUSHROOMS, MESCLUN AND ROSEMARY.  
 YOUR CHOICE OF CHEESE, ONION, CAPSICUM AND  
 HAM TO TOP IT OFF.

### RECOMMENDED WAFFLES 17

IT'S A TREAT WITH CINNAMON ROASTED BANANA,  
 SMOKED STREAKY BACON AND MANUKA HONEY  
 MASCARPONE.

### PORRIDGE AND CREAM **V** 14

BREAKFAST OR DESSERT? PERFECT COCONUT MILK  
 PORRIDGE WITH TAHINI, DATES, PISTACHIO AND  
 CREAM.

**V** VEGGIE **VG** VEGAN **DF** DAIRY-FREE **GF** GLUTEN-FREE