



THE SPREAD

CONTINENTAL 22

Freshly baked breads + pastry
 Homemade granola + cereals
 Seasonal jams + spreads
 Organic yoghurts
 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

POWER YOGHURT BOWL **V** 16

FRESH FRUITS, ALMONDS, BANANA, CHIA SEEDS GOJI
 BERRIES AND HOMEMADE GRANOLA

THE SALMON DANCE 19

POACHED EGGS, MULTIGRAIN TOAST, CRÈME
 FRAICHE WITH LEMON DRESSING TOPPED WITH NEW
 ZEALAND CURED 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.

BIG BREAKFAST 23

POACHED EGGS, HOMEMADE HASH BROWN,
 SMOKED STREAKY BACON, GRILLED TOMATO, CHILLI
 BEANS, ZAMORA PORK AND SAGE SAUSAGE,
 CIABATTA BREAD.

EGGS YOUR WAY 19

WITH GARDEN SALAD, GRILLED TOMATOES AND
 MUSHROOMS.

ADD EXTRA 4 EACH

BACON, HOLLADAISE, SAUSAGES,
 HASHBROWN

CHICKEN AND WAFFLES 23

IT'S A TREAT WITH SMOKED STREAKY BACON,
 SOUTHERN FRIED CHICKEN, APPLE CIDER SYRUP AND
 CHIPOTLE.

PORRIDGE AND CREAM **V VG** 14

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

BUCKWHEAT PANCAKES **V** 19

CINNAMON ROASTED BANANA, MAPLE SYRUP,
 SPECIAL BANANA CREAM.

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