

Fruit, Yogurt, Cereals & Pastries

Estate grown seasonal tropical fruit plate - R

Seasonal fruit salad of the day - R

Selection of yogurts

- Natural
- Honey, dried fruit & nut
- Seasonal tropical fruit

Selection of cereals served with your choice of milk – almond, rice, soy or cow's

- House-toasted muesli, apple & pear salad with flax seed powder - R
- Oatmeal porridge with dried & fresh fruit compote
- Cinnamon, young coconut & almond milk porridge – R

Basket of assorted wholegrain breads, house made preserves, honey & nut butter

Basket of assorted pastries & muffins

Cooked to Order

Raw banana & young coconut crêpes, pear, date & walnut filling, cinnamon & maple cream – R

Buckwheat & pumpkin hot cakes with candied pumpkin, orange & pumpkin cream

Whole-wheat waffles with banana, dried cranberry & apricot salad with walnuts

Tofu scrambled with peppers & sweet corn, avocado, tomato & coriander salad

Spinach & leek egg white frittata with roast mixed mushrooms & rocket

Poached egg with seasonal greens & crushed tomato

Ocean trout gravalax, zucchini & dill roesti with lemon scented cottage cheese

Balinese savory red rice porridge with poached chicken, bean sprouts & egg crepe

Wok-fried rice noodles with vegetables & crispy tempeh

R – These selections adhere to the philosophy behind living or raw food diets