

ZEZ

ZEZ - BREAKFAST

WAKE UP TO WELLNESS

ACAI BOWL

Acai Seeds, Greek Yoghurt, Berries and Granola

SUPERFOOD BOOSTER

Smoked Salmon, Avocado, Scrambled Omega 3 Eggs, Boiled Zucchini, Extra Virgin Olive Oil

AVOCADO TOAST

Poached Egg, Sundried Tomato Sauce

EGG WHITE OMELETTE

Green Asparagus, Edamame Beans and Spinach

MORINGA BOWL

Seychelles superfood Pancake, Organic Honey

PORRIDGE

Choice of Milk or Water ; with Banana, Sunflower Seeds, Almonds and Cinnamon

EGGS

EGGS ROYALE

Spinach, Smoked Salmon, Hollandaise, Radish Chips, Capers and Chives

EGGS BENEDICT

English Muffin, Poached Egg, Hollandaise Sauce

CHOICE OF: TURKEY, BEEF OR PORK HAM

EGGS ANY STYLE

Choice of: Fried Eggs, Omelette or Scrambled

WITH YOUR CHOICE OF ACCOMPANIMENTS:
ONION, MUSHROOMS, TOMATO, MATURE
CHEDDAR, SMOKED SALMON
ANY TYPE OF HAM, PEPPERS

ENGLISH BREAKFAST

Slowly Roasted Tomatoes, Baked Beans,
Sausages, Ham, Fried Eggs and Mushroom

CREOLE OMELETTE

Crab Spicy Omelette with Chilli, Oyster Sauce,
Fresh Coriander

EGG DISH OF THE DAY

MONDAY

Truffle and Egg

TUESDAY

Pepper and Egg

SCRAMBLED EGGS WITH
TRUFFLES/TOASTED RYE BREAD

SHAKSHOUKA EGGS WITH SLOWLY
ROASTED TOMATOES AND PEPPER

WEDNESDAY

Crab and Egg

CRAB CAKE TOPPED WITH POACHED EGG,
HOLLANDAISE SAUCE AND CRAB BISQUE

THURSDAY

Nest and Egg

OVEN BAKED EGG WITH HAM, BECHAMEL
SAUCE INTO A BRIOCHE NEST

FRIDAY

Mushroom and Egg

EGG 'EN COCOTTE' WITH PROSCIUTTO AND
SAUTÉED MUSHROOMS

SATURDAY

Soy and Egg

CHINESE-STYLE STEAMED EGG WITH SOY,
ALMOND MILK AND SPRING ONIONS

SUNDAY

Salmon and Egg

SCRAMBLED WHITE EGG WITH SMOKED
SALMON, AVOCADO, RADISH FLAKES AND
CHIVE OIL

SWEET TREATS

FRENCH TOAST

Orange Segments, infused with Fresh Vanilla,
Orange Sauce, Cinnamon, Fresh Basil

WAFFLES

Banana, Chocolate Sauce and Icing Sugar

FROM THE BAKERY

VIENNOISERIE

Assortment of Danishes and Croissant

BREAD BASKET

Variety of Breads with Butter and Jam Selection

SMOOTHIES

Mango, Pineapple, Coconut Milk Smoothie

Refreshing Melon Power Smoothie

Strawberry and Tomato Smoothie

DETOX DRINKS

Cucumber, Celery, Spinach, Green Apple and
Ginger

Carrot, Ginger, Curcuma and Orange

YOUR HOT BEVERAGES

OUR TEAS

Jasmine Silver Needle / Peppermint Leaf / Early
Grey / Lemongrass and Ginger / Jade Sword
Green Tea / Black currant and Hibiscus /
English Breakfast / Darjeeling 2nd Flush /
Chamomile Flower

FRESH TEA

Ginger / Mint / Lemongrass

COFFEE SELECTION

Single Espresso / Double Espresso / French
Press / Americano / Latte / Cappuccino /
Macchiato.

MILK SELECTION

Full Cream / Skimmed Milk / Soya Milk /
Almond Milk