

# THE BREAKFAST KITCHEN

## LIGHT BITES

homemade granola crunch

low fat yoghurt ~ honey & fresh fruits

VG

soft boiled eggs ~ crispy sourdough soldiers

VG-SF

sautéed mushrooms ~ feta & spinach

poached egg & grilled tomato

SF-VG-GF

local smoked fish or salmon or maybe both...

lemon hollandaise ~ pickled onions

GF

coconut chia seed pudding

fresh fruits & berries

DF-GF-V

vanilla bean low fat yoghurt

poached local mango ~ honey & macadamia crumble

VG-GF

hot irish oatmeal

bananas ~ maple syrup ~ crispy coconut & toasted pecans or plain  
& simple with brown sugar

V-GF-SF-DF

warm quinoa & chia "oatmeal"

fresh fruits & almond

## PLATES ~ BOARDS & MORE

chefs favorite breakfast board

cured meats ~ smoked fish ~ cheese ~ pickles ~ breads & dip

smashed avocado on toasted rye

poached egg ~ tomato & chili butter

VG-SF

scrambled whole eggs or whites

handpicked crab ~ lemon crème fraiche

SF-GF

## IN THE PAN

the original english breakfast  
served with toast & bigarade marmalade

shakshouka baked in cocotte (warming & spicy)  
crisp sourdough ~ lemon yoghurt

SF-VG

“our benedict”  
almond & pumpkin muffin ~ smoked ham ~ hollandaise  
grilled tomato

SF-GF

crust free quiche  
water spinach ~ chili ~ tomato ~ spring onion

DF-SF-VG-GF

eggs your way, with anything, all ways!  
choice of breads ~ tomato ~ bacon ~ pork sausage ~ beef sausage  
rosti potato mushrooms ~ smoked fish ~ parma ham  
...anything else just ask

## SOMETHING FOR THE MUG

pot of coffee (lavazza filter)

real hot chocolate (not powder)

coffee anyway  
espresso ~ cappuccino ~ latte ~ mocha ~ american ~ decaffeinated

vietnamese iced coffee... it's really good!

bulletproof coffee

## ROPER POTS OF THEODOR TEA...

“strong british breakfast”

green tea from yunnan

moroccan mint

earl grey-royal

vanilla black tea from madagascar

les herbes insolentes (cinnamon, pepper, orange)

carpe diem (red rooibos)

verveine

“our garden lemongrass” & ginger infusion

## IN YOUR GLASS

juice of the day

carrot ~ apple & ginger ~ beetroot & pomegranate ~ banana &  
honey lassi

cashew nut & mango smoothie

“proper bloody mary” - 1/2 power or full power