## **ESPRESSO**

## BREAKFAST MENU

HEALTHY BREAKFAST	Sweet Walnut & Almond Smoothie 🕡 🗍	240	PASTRY BASKET	Whole Wheat <b>(a) (b) (b)</b> Multigrain toast and muffin,	300
	Fruit Gazpacho Ginger Smoothie 🖗	220	DI KOKE I	country grain served with fruit preserves.	
	Homemade Granola (1) (1) Toasted rolled oats, honey, hazelnuts and dried apples with your choice of milk. (hot or cold, full, skim, or soy milk) or yogurt (plain or low fat)	320		Fruit Danish, Muffin, (a) (b) (b) (c) (b) (c) (c) (c) (d) (d) (d) (d) (e) (d) (e) (e) (e) (e) (e) (e) (e) (e) (e) (e	360
	Egg White Omelet with Delicate Fresh Herbs <b>()</b> Local garden green vegetables.	320		Cereals with your choice of: Raisin Bran	270
	Coconut Pancakes (a) (1) (b) Organic honey, a touch of lavender and pomelo.	320		Corn Flakes Gluten Free Rice bubbles All Bran Nutri-Grain Special K Coco Pops	
ENERGIZING FRUITS	Seasonal Tropical Fruit Plate 😡 Watermelon, pineapple, melon and mango.	300		Choice of milk (hot or cold, full, skim, or soy mil yogurt plain or low-fat)	lk or
AND YOGURTS	Seasonal Local Fruit Salad	280			
	Traditional Fruit Salad • Local seasonal fruits, fresh squeezed orange and passion fruit dressing.	280	LOCAL RECIPE	Rice Congee <b>(a)</b> Choice of plain, fish or chicken and traditional condiments.	350
	Bircher Muesli <b>(1) (10) (2)</b> Green apple, walnuts, oatmeal, raisin and cinnamon.	300		Kai Jiew <b>© ©</b> Thai style omelet with minced pork served with steamed Jasmine rice.	370
	Cinnamon Scented Oatmeal (1) (10) (15) Apples, walnuts and honey.	280		Khao Phad Gai, Goong or Moo Fried rice with chicken, shrimps or pork served with fried egg.	370
	Greek Yogurt Parfait 🛈 🐠 Banana, berries, coconut, pumpkin seed and granola.	300		. 33	
	A Selection of Yogurt ① Low fat, plain, mango, passion fruit, honey, berries, or vegan coconut yogurt.	260	=		
EGGS AND			-		
THINGS	Omelet <b>(a) (</b> 1) Goat cheese, spinach, semi dried tomatoes and herb fried potatoes.	420	ARABIC & SOUTH ASIAN	Hummus 🏈 🗐 Chickpeas, Tahini sauce, lemon, olive oil and Pita bread.	260
	Goat cheese, spinach, semi dried tomatoes	420 450	1	Chickpeas, Tahini sauce, lemon, olive oil	260 260
	Goat cheese, spinach, semi dried tomatoes and herb fried potatoes.  Egg Benedict   Toasted English muffin, Canadian bacon, poached hen's egg,		SOUTH	Chickpeas, Tahini sauce, lemon, olive oil and Pita bread.  Foul Moudamas  Black beans, cumin powder, lemon juice,	
	Goat cheese, spinach, semi dried tomatoes and herb fried potatoes.  Egg Benedict (a) (a) (b) Toasted English muffin, Canadian bacon, poached hen's egg, Hollandaise sauce, and roasted fingerling potatoes.  Three Eggs Any Style	450	SOUTH	Chickpeas, Tahini sauce, lemon, olive oil and Pita bread.  Foul Moudamas	260
	Goat cheese, spinach, semi dried tomatoes and herb fried potatoes.  Egg Benedict ① ① ② ③ ② ③ Toasted English muffin, Canadian bacon, poached hen's egg, Hollandaise sauce, and roasted fingerling potatoes.  Three Eggs Any Style Choice of poached, fried or scrambled.  Selection of Imported Cheeses ① ③ ⑤	450 250	SOUTH	Chickpeas, Tahini sauce, lemon, olive oil and Pita bread.  Foul Moudamas	260 280
	Goat cheese, spinach, semi dried tomatoes and herb fried potatoes.  Egg Benedict ① ① ② ③ ② ③ Toasted English muffin, Canadian bacon, poached hen's egg, Hollandaise sauce, and roasted fingerling potatoes.  Three Eggs Any Style Choice of poached, fried or scrambled.  Selection of Imported Cheeses ① ② ③ ⑤ ⑤ ⑤ ⑤ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥	450 250 450	SOUTH	Chickpeas, Tahini sauce, lemon, olive oil and Pita bread.  Foul Moudamas	260 280 350 260 200 120
	Goat cheese, spinach, semi dried tomatoes and herb fried potatoes.  Egg Benedict ① ① ② ② ③ Coasted English muffin, Canadian bacon, poached hen's egg, Hollandaise sauce, and roasted fingerling potatoes.  Three Eggs Any Style Choice of poached, fried or scrambled.  Selection of Imported Cheeses ① ② ② ② ② ② ② ② ② ② ② ② ② ② ② ③ ② ③ ② ③	450 250 450 380	SOUTH	Chickpeas, Tahini sauce, lemon, olive oil and Pita bread.  Foul Moudamas	260 280 350 260

















