



## BEVERAGES

### FRESH JUICES

Orange juice  
Mix fruit juice  
Watermelon juice  
Pineapple juice  
ABC juice

### TEA SELECTION

English breakfast  
Earl grey  
Peppermint  
Chamomile  
Jasmine green tea  
Sencha

Served with full cream, skimmed, almond, or soya milk

### COFFEE SELECTION

Americano  
Cappuccino  
Espresso (single/double)  
Hot macchiato  
Café latte  
Café mocha  
Decaffeinated coffee  
Filter coffee

Served with full cream, skimmed, almond, or soya milk

### HOT CHOCOLATE



## SMOOTHIE BOWLS

### Wellness Smoothie Bowl of the Day

A daily-changing healthy way to start the day. A delicious smoothie topped with fruits, nuts and seeds

### Banana Protein Smoothie

Raw cacao, banana and almond butter

### Vegan Gabulhi Smoothie

Young coconut meat, berries, mango, kiwi and dragon fruit

### Detox Gabulhi Smoothie

Young coconut meat, kiwi, spinach, avocado, lemongrass, mint and turmeric

## WELLNESS JARS

### Coconut Yogurt Parfait

Fresh strawberries, freshly grated coconut, roasted coconut flakes and blueberry

### Chia Pudding

Chia seeds, coconut milk, rose water, cinnamon, strawberries and flax seeds

### Wellness Bircher Muesli

Oats, grated apple, Greek yoghurt, fresh apple juice, walnuts, hazelnuts, almonds and berries

### Detox Muesli

Chia seeds, steamed beetroot purée, green apple purée, pumpkin seeds, sunflower seeds, banana, blueberry

### Apple & Yoghurt Parfait

Greek yoghurt, apple compote, roasted crushed almonds and honey

### Mixed Berry & Yoghurt Parfait

Greek yoghurt, mixed berries, banana, strawberry purée and sunflower seeds



## COLD DISHES

### Arabic Mezzeh

Hummus, baba ghanoush and labneh served with pita bread

### Wellness Bagel

Sourdough bagel, smoked salmon, grapefruit segment, caper berries, basil pesto and arugula

### Mashuni

Tuna and coconut sambal served with local flatbread and Riha'hakuru

### Assorted Cold Cuts of Meat

Chicken mortadella, smoked turkey breast, beef bresaola

### Cheese Platter

Brie, cream cheese, Cheddar, Emmental, Edam, Bocconcini served with dry fruits and nuts

### Quinoa Salad with Avocado

Tossed quinoa, onion, cucumber, poached egg, sliced avocado, rocket leaves, tofu, citrus dressing and sunflower seeds

### Selection of Breakfast Sushi and Sashimi

Tuna, white fish, salmon, and vegetables - 12 pieces

### Detox Garden Green Salad with Vegetable

Mixed lettuce, asparagus, artichokes, pumpkin seeds and orange citrus dressing

### Healthy Salmon

Tasmanian smoked salmon, avocado, capers and artichoke

### Cereals & Muesli

Frosties, Alpen muesli, Corn flakes, Coco crunch, All bran, Rice crispy

### Choose your Milk

Low-fat milk, full-cream milk, soy milk, rice milk, oat milk, lactose-free milk, almond milk, almond & coconut milk



## WELLNESS PANCAKE DAY

### Wellness Vegan Pancake

Banana, almond and coconut milk, almond powder, rice flour, cinnamon-infused coconut honey and berries

### Wellness Detox Pancake

Pea protein powder, coconut milk, banana, cinnamon, strawberries

### Protein Pancake

Rice protein powder- banana, avocado, honey, strawberry sauce

### Steamed Idly

Steamed brown rice cake with millet, coconut chutney, mint and ginger chutney

## SWEET DAY AHEAD

### Pancakes

Pancakes with maple syrup, vanilla sauce and Nutella

### Waffles

Served with strawberries and whipped cream or chocolate sauce

### Crêpes

The thin version of a pancake and a French classic

### French Toast

Served with strawberry sauce, maple syrup and apple compote

### Maldivian Crêpes

Rolled with banana and coconut honey

### Detox Fruit Salad

Segments of orange, grapefruit, pomelo and cinnamon

### Bakery Basket

Muffins, croissants, Danish, white and wholemeal toast, northlander bread, soft roll

Served with salted butter, unsalted butter and margarine, assorted jams, honey, marmalade



## HOT BREAKFAST DISHES

### Breakfast Special

Please ask your server for today's special

### Wellness Egg Royale

Sourdough, smoked salmon, poached eggs, spinach-avocado cream and turmeric powder

### Vegan Scrambled Tofu

Tofu and turmeric with tamari sauce and spring onions, coriander and roasted pumpkin seeds

### Avocado Smashed

Sourdough toast, mashed avocado, organic poached egg and sunflower seeds

### Eggs Your Way

Scrambled, Fried, Over-Easy, Boiled, Poached

### Eggs Benedict

Poached eggs and bacon served on a toasted sourdough muffin and topped with hollandaise sauce

### Eggs Florentine

Poached eggs and sautéed spinach served on a toasted sourdough muffin and topped with hollandaise sauce

### Eggs Royale

Poached eggs and salmon slivers served on Sour dough muffin, topped with hollandaise sauce

### Shakshuka

Mediterranean-style eggs poached in tomato sauce with pepper, onion and garlic

### Omelette

Three-egg omelette served plain or with your choice of fillings

Fillings: cheese, onion, tomato, pepper, ham, chilli

### Condiments

Baked beans, mushrooms, spinach, veal, lamb or pork sausages, turkey or pork bacon, hash browns, potato wedges, baked beans and grilled tomato



### Arabic Breakfast **G**

Foul madams with condiments, grilled haloumi and assorted fatayer

### Tuna Curry **G**

Tuna fish with Maldivian spices, coconut cream fish curry.  
Served with coconut rice and papadum

### Indian Aloo Paratha 🌿 **G**

Flatbread stuffed with tempered potato, served with pickles and yoghurt

### Fried Noodles **G**

Egg noodles, seasonal vegetables, eggs and sliced chicken or beef

### Fried Rice

Seasonal vegetables, eggs and sliced chicken or beef

### Quesadilla 🌿 **G**

Filled with roasted bell peppers, onions, corn, guacamole, cherry tomatoes and salsa

### Breakfast Burrito 🌿 **G**

Avocado, tomato, refried beans, sweet corn, jalapeno, cheese and lettuce

### Rice Congee **G**

Boiled rice with sliced chicken, salted egg, spring onions, ginger and light soya sauce

### Oatmeal Porridge 🌿 🥜

Cooked sweet or savoury with your choice of almond milk, full cream milk coconut milk or water. Served with cinnamon, honey and raisins

### Wellness Congee 🥜 🌿 🌿

Quinoa, oats, cinnamon, almond milk, turmeric and pumpkin seeds