Breakfast Your Way

Juices, tinctures, tonics and free flow organic sparkling wine and non-alcoholic sparkling are available inside Fresh Restaurant. Please browse our cold buffet inside and our hot buffet in East restaurant. Visit our Wellness Pancake station for a selection of waffles, crepes and pancakes cooked to order and topped with your choice of garnishes

Full Amilla Fried egg, Dingley Dell bacon, pork sausage, tomato, mushroom, baked beans

Creamy Thyme Mushroom Beetroot sour dough, thyme, poached egg

Smashed Pea Avocado Smashed peas avocado, spring onions sour dough Add poached egg

Eggs Benedict Hollandaise, poached eggs, home grown Malabar spinach, black forest ham

Eggs Royale Hollandaise, poached eggs, home grown Malabar spinach, NZ King smoked salmon

Eggs Comte Scrambled eggs, comte cheese, pork ham, spring onion

Green Eggs & White Egg white omelette, spinach, asparagus, rocket, green beans

Chorizo Omelette Spinach, spring onion, white onion, chorizo, cheddar cheese

Shakshuka Scrambled egg, tomato, foul madamas, pita bread

Masala Omelette Chilli, onion, tomato, coriander, vegetable curry, paratha, yoghurt

Maldivian Breakfast Fried egg, tuna, coconut, chili, kopi leaves, onion, chapatti

Maldivian Poke Bowl Rice, coconut, kulha fila, marinated tuna, pumpkin

Eggs Your Way Fried, scrambled, poached, boiled, omelette

### Homemade@Amilla Nutella

Commercially made Nutella contains palm oil which is a leading contributor to deforestation in South East Asia. This deforestion is atttributed to increased greenhouse gases and the near extinction of the Sumatran Tiger and the Orangutan

COFFEE

Espresso, Ristretto, Macchiatto Café latte, Cappucino, Americano TEA

# Vegan/Vegetarian - Wellness Your Way Menu

Juices, tinctures, tonics and free flow organic sparkling wine and non-alcoholic sparkling are available inside Fresh Restaurant. Please browse our cold buffet inside and our hot buffet in East restaurant. Visit our Wellness Pancake station for a selection of vegan waffles, crepes and pancakes cooked to order and topped with your choice of garnishes.

### BREAKFAST YOUR WAY

Vege Amilla Tomato, mushroom, baked beans, meatless sausage. Optional fried egg

Coconut Mushroom Beetroot sour dough, coconut cream, savory yeast. Optional poached egg

Smashed Pea Avocado Smashed peas avocado, spring onions sour dough Optional poached egg

Green Eggs & White Egg white omelette, spinach, asparagus, rocket, green beans vevgetarian

Chorizo Omelette Spinach, spring onion, white onion, chorizo, cheddar cheese

Tofu Shakshuka Scrambled tofu, tomato, foul madamas, pita bread

Masala Omelette Chilli, onion, tomato, coriander, vegetable curry, paratha, yoghurt vegetarian

Tofu Scramble Tofu, coconut, chilli, kopi leaves, onion, chapatti

Avocado Poke Bowl Rice, coconut, kulha fila, avocado, pumpkin

Vegetable Curry Bowl Daily changing curry, rice, chapatti

Quinoa Sambal Coconut sambal, onion, spicanch

Coconut Porridge Oats, coconut milk, fruit

### Vegan Homemade@Amilla Nutella

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COFFEE

Espresso, Ristretto, Macchiatto Café latte, Cappucino, Americano TEA

## Low Carb/Keto/Paleo - Wellness Your Way Menu

Juices, tinctures, tonics and free flow organic sparkling wine and non-alcoholic sparkling are available inside Fresh Restaurant. Please browse our cold buffet inside and our hot buffet in East restaurant.

BREAKFAST YOUR WAY

Full Amilla Fried egg, Dingley Dell bacon, pork sausage, mushroom Optional tomato

Creamy Thyme Mushroom Thyme, poached egg, almond flaxseed roll

Smashed Pea Avocado Smashed peas avocado, almond flaxseed roll, poached egg

Eggs Benedict Hollandaise, poached eggs, home grown Malabar spinach, black forest ham

Eggs Royale Hollandaise, poached eggs, home grown Malabar spinach, NZ King smoked salmon

Eggs Comte Scrambled eggs, comte cheese, pork ham, spring onion

Green Eggs & White Egg white omelette, spinach, asparagus, rocket, green beans

Chorizo Omelette Spinach, spring onion, white onion, chorizo, cheddar cheese

**Shakshuka** Scrambled egg, tomato, foul madamas, pita bread *low carb* 

Maldivian Breakfast Fried egg, tuna, coconut, chili, kopi leaves, onion

Eggs Your Way Fried, scrambled, poached, boiled, omelette

### Homemade@Amilla Nutella

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COFFFF

Espresso, Ristretto, Macchiatto English Breakfast, Earl Grey, Green
Café latte, Cappucino, Americano Jasmine Green, Peppermint, Masala Chai

# Gluten Free - Wellness Your Way Menu

Juices, tinctures, tonics and free flow organic sparkling wine and non-alcoholic sparkling are available inside Fresh Restaurant. Please browse our cold buffet inside and our hot buffet in East restaurant. Visit our Wellness Pancake station for a selection of gluten free waffles, crepes and pancakes cooked to order and topped with your choice of garnishes

### BREAKFAST YOUR WAY

Full Amilla Fried egg, Dingley Dell bacon, pork sausage, tomato, mushroom, baked beans

Creamy Thyme Mushroom Gluten free bread, thyme, poached egg

Smashed Pea Avocado Smashed peas avocado, gluten free bread Add poached egg

Eggs Benedict Hollandaise, poached eggs, home grown Malabar spinach, black forest ham

Eggs Royale Hollandaise, poached eggs, home grown Malabar spinach, NZ King smoked salmon

Eggs Comte Scrambled eggs, comte cheese, pork ham, spring onion

Green Eggs & White Egg white omelette, spinach, asparagus, rocket, green beans

Chorizo Omelette Spinach, spring onion, white onion, chorizo, cheddar cheese

Shakshuka Scrambled egg, tomato, foul madamas, pita bread

Masala Omelette Chilli, onion, tomato, coriander, vegetable curry, paratha, yoghurt

Maldivian Breakfast Fried egg, tuna, coconut, chili, kopi leaves, onion

Maldivian Poke Bowl Rice, coconut, kulha fila, marinated tuna, pumpkin

Eggs Your Way Fried, scrambled, poached, boiled, omelette

#### Homemade@Amilla Nutella

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COFFEE

Espresso, Ristretto, Macchiatto Café latte, Cappucino, Americano TEA

## Gluten Free - Wellness Your Way Menu

Juices, tinctures, tonics and free flow organic sparkling wine and non-alcoholic sparkling are available inside Fresh Restaurant. Please browse our cold buffet inside and our hot buffet in East restaurant. Visit our Wellness Pancake station for a selection of waffles, crepes and pancakes cooked to order and topped with your choice of garnishes

### BREAKFAST YOUR WAY

Full Amilla Fried egg, Dingley Dell bacon, pork sausage, tomato, mushroom, baked beans

Creamy Thyme Mushroom Beetroot sour dough, thyme, poached egg

Smashed Pea Avocado Smashed peas avocado, spring onions sour dough Add poached egg

Eggs Benedict Hollandaise, poached eggs, home grown Malabar spinach, black forest ham

Eggs Royale Hollandaise, poached eggs, home grown Malabar spinach, NZ King smoked salmon

Green Eggs & White Egg white omelette, spinach, asparagus, rocket, green beans

Chorizo Omelette Spinach, spring onion, white onion, chorizo, cheddar cheese

Shakshuka Scrambled egg, tomato, foul madamas, pita bread

Masala Omelette Chilli, onion, tomato, coriander, vegetable curry, paratha

Maldivian Breakfast Fried egg, tuna, coconut, chili, kopi leaves, onion, chapatti

Maldivian Poke Bowl Rice, coconut, kulha fila, marinated tuna, pumpkin

Eggs Your Way Fried, scrambled, poached, boiled, omelette

#### Homemade@Amilla Nutella

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COFFEE

Espresso, Ristretto, Macchiatto Café latte, Cappucino, Americano TEA