

# MORNINGS

A special time of the day to break – fast, a time for planning, energizing and nourishing

## TONICS & SHOTS

### RISE & SHINE

ginger + buddas hand + celery

### EARLY BIRD ELIXER

turmeric + ginger + green apple + lemon

### FEELING DUSTY

tomato water + paprika + tabasco + celery

OR

## SUPERFOOD SMOOTHIES

### TINY BANANA

banana + cinnamon + dates + cashews + virgin coconut + BCAA

### AH SIGH MEEE

sugar free acai + blueberries + cinnamon + creatine + magnesium

### PINK DRAGON

dragonfruit + rambutan + strawberries + bioactive collagen

### MANGFLAX

mango + coconut h2o + lemon + organic pea protein + flax

### BRIGHT SPARK

watermelon + passionfruit + raspberry + collagen + coconut h2o

OR

## JUICE CLEANSE

### CAROTENE

carrot + turmeric + celery + ginger + coconut h2o

### NEATBEET

beetroot + cacao + lemon + apple + ginger + chia

### VITAL GREENS

spinach + celery + green apple + mint +  
AG1 greens + coconut h2o

## ESSENTIALS

house baked goods

toasted sourdough w / selection of preserves

assorted sliced fruits

superfood gluten free granola or house toasted granola with organic yoghurt & berries

EXPAT coffee & tea

## CHOOSE ONE FROM THE FOLLOWING MENU

## BREAKFAST BOWLS

bloomed chia + mango + coconut yoghurt + toasted honey granola

antioxident berry bowl + acai + golden kiwi + raw almonds + grated coconut

post workout protein bowl + overnight oats + cacao + banana + granola + dates

fruit salad + seasonal local fruits dressed in passionfruit + lime + organic yoghurt

sashimi salmon + sushi rice + soft boiled egg + avocado + crunchy iceberg

OR

## PLATES

eggs your way + mushrooms + spinach + bacon + sausage + hash

avocado smash + rye toast + poached egg + fetta + coriander + dukkah

bacon & egg muffin + house tomato chutney + rocket + cheddar

crispy potato and onion fritter + smoked salmon + fetta + rocket

wood fired frittata + zucchini + fetta + basil + chilli oil