

# MORNINGS

I welcome you to breakfast, to the best part of your day, a time in the day to *break – fast*, a time to energize and recharge your mind and body for what your day may hold, a time to make plans, a time to break plans and a time just for you.

James Viles – Culinary Director, The Ungasan

## HOT

eggs your way + sourdough + mushrooms + rocket + bacon + jonos sausage + hash	p
avocado on toast + poached egg + fetta + coriander + dukka	n v
bacon & egg butty + house tomato chutney + rocket + cheddar	p
omelette + local herbs + curry butter + bean shoots	v gf
steamed chicken congee + sesame + shallots + ginger	n
nasi or mie goreng + fried egg + sambal ulek	n
pancakes + island honey + blueberries + whipped ricotta	v

## CHILLED

bloomed chia + mango + coconut yoghurt + toasted honey granola	n
antioxidant berry bowl + acai + golden kiwi + raw almonds + grated coconut	vg
post workout protein bowl + overnight oats + cacao + banana + granola + dates	vg n
fruit salad + seasonal local fruits dressed in passionfruit + lime + organic yoghurt	vg n
sashimi salmon + sushi rice + soft boiled egg + avocado + crunchy iceberg	v
jonos smallgoods + farmhouse cheeses	p



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EXPAT. coffee – any way you like

TWG tea – ask for the selection

## SQUEEZED

mango  
honeydew melon  
pineapple  
strawberry  
watermelon  
young coconut

CAROTENE vg  
carrot + turmeric + celery + ginger + coconut h2o

NEATBEET vg  
beetroot + cacao + lemon + apple + ginger + chia

VITAL GREENS vg  
spinach + celery + green apple + mint + AG1 greens + coconut h2o

## BLENDED

TINY BANANA n vg  
banana + cinnamon + dates + cashews + virgin coconut + BCAA

AH SIGH MEEE vg  
sugar free acai + blueberries + cinnamon + creatine + magnesium

PINK DRAGON vg  
dragonfruit + rambutan + strawberries + bioactive collagen

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

BRIGHT SPARK vg  
watermelon + passionfruit + raspberry + collagen + coconut h2o