



BREAKFAST

Available from 7.00am to 10.30am

FRESH JUICES AND FRUITS

GF V LF

Orange and pink grapefruit, COMO Shambhala blend of the day
Seasonal tropical fruit plate
Poached seasonal fruits
Poached dried fruit compote

CEREALS

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COMO Shambhala natural muesli, house made honey granola,
Special K, all bran, cornflakes, raisin bran
Served with fresh milk or non-dairy, almond, oat, soy or rice milk

YOGURTS AND PUDDINGS

GF N V LF

House made yogurt selection
Plain, mixed berry, mango and passionfruit or honey, coconut yogurt with selected toppings
Chia pudding *With mango coulis and passionfruit*
Bircher muesli *With mango, passionfruit, yogurt, roasted coconut*

FROM OUR BAKERY

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Plain croissant, coconut croissant, Pain au chocolate,
Cinnamon and raisin Danish, fresh fruit Danish
Daily muffin selection and fruit breads

TOAST

Brown bread, seven grain, white toast, pumpernickel, sourdough
Served with butter, home-made preserves or honey



'Very berry' frozen smoothie bowl <i>Acai, berries, banana, chia pudding, toasted coconut, honey granola</i>	CS V N LF
Nut, seed and coconut clusters <i>Fresh mango and banana, coconut yogurt served with coconut water</i>	CS GF V N LF
Real 'Toast' <i>Nut, seed, vegetable 'toast', tomatoes, cucumber, parsley salad, avocado crush, lime</i>	CS GF V N LF
Pumpernickel <i>Smoked salmon, cashew cream, lemon, caper, dill and parsley salad</i>	CS N SS LF
Golden waffles <i>Fresh banana, berries, vanilla bean mascarpone, maple syrup and roasted coconut</i>	V
Buttermilk pancakes <i>Star anise and ginger poached pineapple, blackberries and creamed vanilla butter</i>	V
Cinnamon scented French toast <i>Passionfruit curd, fresh mango, cashew nut streusel and kaffir lime syrup</i>	N V
Eggs benedict <i>Poached eggs, shaved ham and hollandaise sauce</i>	P
Eggs royale <i>Poached eggs, smoked salmon and hollandaise sauce</i>	SS
Cocoa breakfast <i>Two free-range eggs cooked your way with your choice of additions Potato roesti, roast tomatoes, mushrooms, spinach, smoked salmon, chipolatas, chickpea masala, bacon</i>	SS P
Two free range eggs or egg white omelette with your choice of fillings <i>Gruyere cheese, vegan feta, tomato, peppers, leeks, onion, mushroom, garden herbs, ham, smoked salmon, asparagus, spinach, chickpea masala</i>	SS P
Quinoa bowl <i>Marinated grilled tofu, mushrooms, avocado, broccoli, house made kimchi, pickles, nori sprinkle</i>	CS GF V LF
Potato masala dosai <i>Southern Indian lentil curry with coconut chutney</i>	GF V LF
Maldivian egg and vegetable curry <i>Served with roshi and Maldivian tuna, coconut sambal</i>	CS V SS LF
Boiled rice soup <i>With shredded chicken, shiitake mushrooms, soft cooked egg, white cabbage, ginger, spring onions and coriander</i>	LF GF