



## BREAKFAST MENU

At Madi, we take great pride in bringing you delicious, nutritious cuisine made with the best ingredients possible.

Please help yourself to our buffet selection

### Juices

Daily fresh juice extracts  
COMO Shambhala blends of the day

### Fruits

Seasonal tropical fruit selection  
Seasonal poached fruit selection  
Dried fruit compote

### Yogurts and Puddings

House-made yogurt selection or vegan coconut yogurt  
Chia pudding with mango coulis and jackfruit  
Bircher muesli with mango, passionfruit, yogurt, roasted coconut

### Cereal Selection

COMO Shambhala natural muesli, house made honey granola, All Bran,  
Corn Flakes, Raisin Bran  
Served with choice of soy milk, almond milk or full-cream milk

### Bakery Selection

Croissant, pain au chocolate, almond croissant, coconut croissant,  
cinnamon raisin scroll  
Selection of muffins and fruit breads  
Served with choice of mixed berry jam, orange marmalade, papaya jam or peanut butter

### Toasted to Order

Brown bread, seven-grain bread, rye bread, white toast

 Vegan or vegetarian  Gluten-free  Lactose-free

 Contains nuts  Contains pork  COMO Shambhala Kitchen

 Sustainably-sourced  Locally-sourced

For any dietary intolerance, please inform our IVD staff  
All Prices are Subject to 10 per cent service charge and prevailing government taxes

## PLEASE CHOOSE FROM THE FOLLOWING À LA CARTE OPTIONS

### 'Very Berry' Frozen Smoothie Bowl

Açaí, berries, banana, chia pudding, honey granola

### Tropical Fruit Granola

Nut and seed clusters, coconut yogurt, mango, banana, blueberries

### Young Coconut and Almond Porridge

Papaya, mango, passionfruit

### Nut and Seed 'Real' Toast

Avocado crush, tomato, cucumber, parsley salad and lime

### Smoked Salmon

Pumpernickel, cream cheese, lemon, capers, dill and parsley salad

### Cured Meat Selection

Gruyère cheese, ricotta, tomato, pickled onion

### Ricotta Hotcakes

Fresh banana, honeycomb butter, maple syrup

### Vanilla French Toast

Passionfruit curd, fresh mango, cashew streusel, kaffir lime syrup

### Golden Waffles

Fresh berries, banana, passionfruit syrup, vanilla mascarpone

### Quinoa Bowl

Grilled tofu, avocado, marinated mushrooms, seaweed, broccoli, kimchi, ponzu dressing

### Two free-range eggs or egg white omelette

Choice of fillings: Gruyère, cheddar, tomato, peppers, leek, onion, chickpea masala mushroom, spinach, asparagus, smoked ham, smoked salmon

### Madi Breakfast - Two free-range eggs cooked to your liking

Choice of additions: baby potato, roast tomato, mushrooms, avocado, chickpea masala, kale, smoked salmon, bacon or chicken sausage

### Eggs Benedict

Poached eggs on English muffins with shaved ham and hollandaise sauce

### Eggs Royale

Poached eggs on English muffins with smoked salmon and hollandaise sauce

### Brown Rice Porridge

Shredded chicken, shiitakes, white cabbage, ginger, spring onions and coriander

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## Potato Masala Dosai

Southern Indian lentil curry, coconut chutney

## Soto Ayam

Chicken and noodle soup, cabbage, celery and lime

## Fried Rice

Vegetarian egg fried rice, shredded vegetables and sambal

## Fried Noodle

Wok fried rice noodles, vegetable and egg crepes

## Maldivian Egg and Vegetable Curry

Roshi, tuna, coconut, chilli sambal

## CHILDREN'S MENU

### 'Very Berry' Frozen Smoothie Bowl

Acai, berries, banana, chia pudding, honey granola

### Nut, Seed, Dried Fruit Granola

Fresh mango, banana and coconut yogurt

### Avocado Smash

Smashed Avocado on your choice of toast

### Banana on Toast

Honey and peanut butter on your choice of toast

### Golden Waffles

Berry salad, maple syrup

### French Toast

Passionfruit curd, maple syrup

### Pancakes

Fresh banana, maple syrup

### Eggs Your Way

Choose your additions: fried potatoes, roast tomato, mushrooms, avocado, kale, smoked salmon, bacon or chicken sausage

### Omelette

Whole eggs, choose your additions: tomato, onion, leek, asparagus, spinach, ham, cheese

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# COMO SHAMBHALA WELLNESS JUICES

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## VEGETABLE BASED

### Blood of the Earth

Supports the liver in cleansing the blood

Beetroot, apple, celery, ginger

### Green Clean

Helps build lean muscles, boosts energy and immunity, and aids detoxification

Apple, fennel, cucumber, spinach, green bell pepper, celery, spirulina powder

### Lymph Purifier

Supports the detoxifying processes of the liver and lymphatic system

Cucumber, celery, kale, fennel, ginger, lime

### Stress Reliever

Calms the nervous system and balances hormones

Carrot, red apple, red grapes, ginger, spinach, fennel, beetroot, celery, sweet potato

## SWEETER VARIETIES

### Berry Quencher

Protects against early aging by delivering a concentrated source of anti-oxidants and phytonutrients

Green apple, grapes, blueberries, strawberries, raspberries

### Cool Down

Reduces internal heat, hydrates and relieves headaches

Watermelon, cucumber, mint

### Tropic Aid

Hydrates with nature-made electrolytes and provides fast fuel for active muscles

Mango, papaya, orange, coconut water, lime

### Muscle Mylk

Speeds recovery by reducing inflammation and replenishing electrolytes and nutrients

Banana, coconut, almond milk, cinnamon, flaxseeds, dates, cocoa beans



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