

# *Kudus House Breakfast*

## DAILY BREAKFAST MENU

Available from 6.30am to 11.00am

### *Fresh Juices*

Cold-pressed juice of the day

Local tangerine

Young coconut water

Blend of the day

### *Medicinal Shots*

Golden jamu, turmeric, tamarind and organic palm sugar

Wheatgrass shot with ginger or mint

### *Coffee*

Bali Kintamani

French Press

Espresso

### *Tea*

A selection of fine black and herbal tea infusions tea by Brew Me

COMO Shambhala Ginger Tea - ginger, lemon and honey

### *From Our Bakery*

An assortment of house-made pastries and breads served with nut butter, preserves and seasonal curds

Your choice of plain or whole-wheat croissants, fruit danishes and muffins

Your choice of wholegrain, wheat or gluten-free black rice bread

### *Cereals and Grains*

Cereals served with your choice of milk - full cream, light, soy, almond or coconut

Nut, seed and dried fruit muesli - R

House-made honey granola

Young coconut, almond and cinnamon porridge with papaya and banana - R

Oatmeal - plain or with pear, raisins, linseeds, sunflower seeds and almonds

*R - These selections adhere to the philosophy behind living or raw food diets*

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## *Tropical fruits, Yoghurt and Pudding*

Seasonal tropical fruit plate or fruit salad - R

Yoghurt pots - natural, honey, dried fruit and nut, seasonal tropical fruit or dairy-free coconut

Chia pudding with mango, passionfruit and coconut - R

## *Prepared to Order*

Young coconut and flax seed crepes - apple and walnut filling, cinnamon, maple, cashew and young coconut cream - R

'Real Toast' - vegetable, almond and flax seed "toast" with crushed avocado, tomato and cucumber salad - R

Wholemeal pancakes with fresh mango, coconut yoghurt and passionfruit syrup

Zucchini waffles with smoked salmon, lemon-scented ricotta, shaved zucchini, lemon and dill salad

Quinoa with poached egg, marinated mushrooms, avocado, kimchi, grilled broccoli and a sprinkle of sesame nori

Wok-fried red rice with tempeh, vegetables, sambal and julienned egg crepe

Two-egg or egg white omelet with your choice of filling - mushrooms, leek, spinach, peppers, tomato, cheese, onion, smoked salmon

Eggs cooked your way, with your choice of accompaniments - sweet corn cake, roast tomato, mushrooms, curly kale, avocado, chicken sausage, smoked salmon

Scrambled tofu with peppers, sweet corn, avocado, tomato and coriander salad

Seasonal greens with poached egg and green goddess sauce