

A la carte

American Breakfast: Two eggs any style, hashbrowns, bacon & grilled tomatoes

Oriental Breakfast: Two eggs any style, vegetable samosa, braised legume, baba ghanoush and grilled halloumi

Mediterranean Breakfast: Two eggs any style, feta cheese, prosciutto, grilled tomatoes, olives and pita bread

Filipino Breakfast: Two eggs any style, vegetable fried rice, atchara, soy dipping sauce and a choice of: Fried bangus, longanizza, tocino, tapa or corned beef

German Breakfast: Two eggs any style, frankfurter sausage, farmers bread, potatoes, sauerkraut and mustard

Healthy Breakfast: Two poached or hardboiled eggs, two pieces of protein & chia seed pancakes, topped with Greek yoghurt, honey & fresh fruits

Eggs

Poached eggs: Served with buttered and toasted bread

Fried eggs: Choice of sunny side up, over easy, over medium, over well, over hard

Scrambled eggs

Plain omelette

Ham & cheese omelette

American omelette: Fried potato dices & bacon

Italian omelette: Prosciutto, mozzarella & tomatoes

Greek omelette: Feta cheese, olives, bell pepper, tomatoes and capers

Denver omelette: Onions, mushrooms, green bell peppers, ham & cheese

Atmosphere's omelette: Shrimps, ham, onions, mushrooms & blue cheese

Eggs Benedict on English muffin with ham & hollandaise

Sandwiches

All sandwiches are on freshly baked french bread, please ask for any other bread available

Salami: With cucumber & tomatoes

Ham & cheese: Farmers ham & swiss cheese

BLT: Bacon, lettuce & tomatoes

Cheese: Melted cheese panini

Tuna salad sandwich: Pulled pan fried tuna in mayonnaise and lime dressing with pickled cucumber and onion

Low fat high protein sandwich: Turkey ham, hardboiled egg & tomatoes

Sweet choices

Served with tropical fruit dices and a choice of maple syrup or chocolate sauce

Pancakes: Choice of plain, mango, blueberry or chocolate

French toast: Flavored with cinnamon

Muffins: Choice of vanilla, chocolate or banana

Healthy living options

Greek style poached eggs: On olive oil infused whole wheat bread with feta & tomatoes (vegetarian)

Egg, mozzarella & tomato flatbread: Hardboiled egg slices on pesto infused pita bread with tomato & mozzarella (vegetarian)

Potato roesti & eggs: Poached eggs with grilled halloumi & tomatoes (vegetarian)

Tofu & quinoa tortilla wrap: With mango salsa & iceberg lettuce (vegan)

Tofu scramble: With red onions, spinach & bell pepper (vegan)

Vegetable fried rice with tofu (vegan): choice of brown rice or plain rice

Brown rice, banana & quinoa pancakes: With maple syrup or chocolate syrup (vegan)

Brown rice arroz caldo: Brown rice porridge with tofu, egg & ginger

Oatmeal pancake: Topped with diced fresh fruits & yoghurt (vegetarian)

Hot oatmeal in soy milk, milk or water: With honey & apple/walnut relish on the side (vegetarian)

Quinoa, apple and raisin bowl: Flavored and sweetened with honey, cinnamon and vanilla (vegan)

Breakfast is available from 6 - 9:30 am and is served with fresh fruits, salads, assorted baked products, cereal, oatmeal, yogurt, assorted cheeses, brewed coffee, tea, hot chocolate and fresh juices from our breakfast buffet set up.