

## MORNING SPECIALS

### RISE 'N' SHINE OATMEAL • 520

whole, low-fat, nonfat milk or soy milk

307 kcal   

+ banana 90 | 61 kcal

+ roasted almonds 90 | 179 kcal

### BREAKFAST BAR • 1,400

today's selection of breads, fruits, salad, cereals, juice, coffee and two eggs any style

### HEALTHY NUT GRANOLA • 530

almonds, pecan nuts, walnuts, pumpkin seeds, signature blend of honey and maple syrup

440 kcal  

+ banana 90 | 61 kcal

### AVOCADO TOAST • 1,050

cherry tomatoes, poached eggs, sourdough

598 kcal   

### FRESH FRUIT BOWL • 840

seasonal fruit selection

192 kcal  

### FRESH BERRIES • 380 | 740

46 kcal | 91 kcal  

## FROM THE BAKERY

### WHITE OR WHOLE WHEAT TOAST • 130

126 kcal  

### FAVA BEAN AND CHICKPEA TOAST • 210

63 kcal   *gluten-free item from gluten-using bakery*

### SOURDOUGH TOAST • 150

254 kcal 

### ENGLISH MUFFIN • 150

154 kcal   

Ingredient Guide:  dairy  nuts  egg  soy  gluten-free  vegetarian  fish or shellfish

All listed prices include 10% consumption tax (8% consumption tax is applied for takeout items)

## CAFÉ MED CLASSICS

### BELGIAN WAFFLES • 1,050

strawberry compote, maple syrup, fresh berries

890 kcal   

### TWO BUTTERMILK PANCAKES AND BERRIES • 1,100

pecan orange butter, maple syrup

830 kcal     

+ three pancakes 1,570 | 1,005 kcal     

+ banana 90 | 61 kcal

### GREEK YOGURT AND HONEY • 690

194 kcal  

### PASSION FRUIT MANGO PARFAIT • 1,050

creamy greek yogurt, crunchy granola, fresh berries

290 kcal   

### AÇAÍ BERRY PARFAIT • 1,040

creamy greek yogurt, crunchy granola, walnuts, fresh berries

375 kcal  

## EGGS

### MEXICAN OMELET • 1,150

cherrywood-smoked bacon, roasted sweet peppers and onions, cilantro, avocado, cheddar, tomato salsa, sour cream, ranchero beans

929 kcal    

### EGGS BENEDICT WITH HASH BROWNS

ham 1,360 | 992 kcal   

smoked salmon 1,360 | 992 kcal    

roasted sweet peppers and onions, sautéed spinach 1,180 | 897 kcal    

### EGG WHITE FRITTATA • 1,380

feta, roasted zucchini, peppers, scallions, fava bean and chickpea toast, fruit salad

570 kcal    

**100Z AUSTRALIAN LONG GRAIN NEW YORK STRIP STEAK** · 3,975

two eggs any style, choice of toast

826 kcal   

+ hashed potatoes 280 

**THREE EGG OMELET\*** · 1,130

hash browns, choice of toast

\*egg white omelet 850 kcal   

choose three fillings: spinach · tomato · mushrooms · onions ·

sweet peppers · swiss cheese · ham · pork sausage · tomato salsa

**EARLY STARTER** · 1,320

two eggs any style, cherrywood-smoked bacon, maple and marjoram sausage, roasted tomatoes, hash browns, choice of toast

832 kcal   

**BREAKFAST BOOSTERS**

**TWO MAPLE AND MARJORAM SAUSAGES** · 280

144 kcal

**TWO SLICES OF GRILLED HAM**

· 320 198 kcal

**TWO CHERRYWOOD-SMOKED BACON RASHERS** · 200

262 kcal

**HASH BROWNS** · 220

210 kcal  

**BUTTER-SAUTÉED SPINACH** · 510

169 kcal  

**ONE PANCAKE** · 360

425 kcal     

**ONE EGG ANY STYLE** · 140

90 kcal  

## SMOOTHIES

### CLUB-CRAFTED ALMOND AND BANANA PROTEIN · 740

banana, almond milk, chopped almonds, whey protein powder, cinnamon  
534 kcal

### CLUB-CRAFTED AÇAÍ POWER · 690

açaí berry juice, strawberries, raspberries, banana, soy milk, orange juice, granola  
276 kcal

### MANGO TANGO · 280 | 550

128 kcal | 256 kcal

### MIXED BERRY · 280 | 550

116 kcal | 231 kcal

## COFFEE & TEA

### BOTTOMLESS COFFEE · 510

### CAPPUCCINO · 540

### CAFFE LATTE · 540

### BOTTOMLESS ESPRESSO · 510

### DECAF · 510

### HOT TEA · 350

earl grey · english breakfast · masala chai · jasmine reserve · mint green  
· apricot escape\* · french lemon ginger\* · egyptian chamomile\* · italian blood orange\*

### BOTTOMLESS ICED TEA · 350

black · tropical black · hibiscus berry\*

*\*caffeine-free*

## **SOFT DRINKS**

*\*bottomless*

**HOMEMADE GINGER ALE** · 690

**CRANBERRY AND LEMONGRASS LEMONADE** · 690

**HOMEMADE VANILLA COKE** · 570

**FRESH-SQUEEZED ORANGE JUICE** · 510 | 1,020

**HOMEMADE LEMON SQUASH** · 570

**ARNOLD PALMER\*** · 460

**HIBISCUS LEMONADE\*** · 460

**BOTTOMLESS SODA\*** · 240 | 460

**CANNED SODA** · 410

**JUICE** · 290 | 570

apple · cranberry · orange · grapefruit · tomato

**MILK & DAIRY-FREE** · 220 | 430

whole · low-fat · nonfat · soy · almond breeze

**CHOCOLATE MILK** · 240 | 460

hot · chilled