

BREAKFAST / BRUNCH

Croissants, Pain au choc, pastries

Fresh baguette & artisan sourdough

Chia pudding – coconut / mango / red fruits

Fresh farm yoghurt / Greek yoghurt / fruit yoghurts

Bircher muesli – apple & ginger / choc & Maca / Blueberry & Acai

Granola

Tea, Infusion, Coffee (decaf option)

Milk & juices

Bowl of fruit / cut raw vegetables salad – depending on the season

HOT OPTIONS:

Boiled eggs / fried eggs / scrambled eggs

Poached egg, spinach on bread (or GF bread)

Scrambled eggs and shitake mushrooms or smoked salmon

Chopped boiled eggs, mayo, capers and dill on black bread

Asian omelette, chili, soy, rice, peas

Avocado toast with poached egg

'Anti-inflammatory' pancake oats, quinoa, chestnut flour, turmeric, spinach, mushrooms

Crepes