



Smoothies & Juices

Mixed Tropical Fruit Smoothie Pineapple, Coconut Milk, Passionfruit, Papaya, Mango

Mixed Berry Smoothie Raspberries, Blueberries, Pomegranate Juice

Banana Berry Smoothie with Kale

Mango Coconut Smoothie

Acai, Blueberry, Pomegranate and Orange Smoothie

Fresh Passionfruit Orange Juice

Maui Gold Pineapple Juice

Orange & Pineapple Juice Mixed

Fruits

Fruit Bowl: Strawberries, Papaya, Pineapple, Mango

Fruit Bowl: Strawberries, Blueberries, Blackberries, Raspberries

Tropical Fruits

Warm Cinnamon Apple Sauce

Berry Compote

Breads & Muffins

Banana Bread

Banana Bread with Toasted Macadamia Nuts

Pumpkin Spice Bread

Zucchini Raisin Bread

Carrot Pineapple Bread with Toasted Pecans

Mango Bread

Banana Macadamia Nut Muffins

Blueberry Lemon Muffins

Pumpkin-Spice Muffins

Zucchini Raisin Muffins with Walnuts

Blueberry Cinnamon Streusel Coffeecake

Apple Cinnamon Coffeecake

Breakfast Main Dishes

Acai Smoothie Bowl Served with Fresh Berries and Granola

Muesli: Coconut Milk, Nut Milk, Cinnamon and Dried Fruits Served with Fruit and Granola

Chia Seed Bowl: Coconut Milk, Maple Syrup, Macadamia Nut Milk with Toppings: Dates, Dried Cranberries, Granola, Fresh Fruit

Belgian Waffles with Maple Syrup, Toasted Mac Nuts & Berry Compote

Blueberry Pancakes with Maple Syrup

Tofu Scramble with Spinach, Zucchini, Red Peppers, Fresh Herbs, Garlic

Broccoli, Tofi. Spinach & Vegan Cheese Crustless Quiche Avocado, Tomato, Arugula and Pesto on Rye Toast

Zucchini, Spinach, Caramelized Onions, Vegan Cheese and Peppers in a Cornmeal Crust

Breakfast Burritos Tofu Scramble, Vegan Cheddar Cheese with Salsa and Guacamole

<u>Side Dishes</u>

Avocado, Tomato, Arugula and Pesto on Rye Toast

Toasted Pecan, Almond, Cinnamon, Dried Cranberry, Toasted Coconut, Pumpkin Seed, Pomegranate and Maple Granola with Macadamia Nut Milk or Vegan Coconut Yoghurt Roasted Oven Potatoes with Onions