



## A LA CARTE BREAKFAST

PLEASE CHOOSE ONE ITEM FROM THE MENU

### **PALEO GRANOLA** *(gf)*

Fresh fruit, coconut yoghurt

### **BLUE EDGE TOAST** *(gfo)*

Jam, peanut butter, vegemite, margarine

### **TOFU SCRAMBLE** *(gf)*

Herb salad, chilli jam

### **PAN FRIED KING BROWN MUSHROOM** *(gf)*

Hummus, asparagus, crispy kale, chickpeas

### **FREYCINET BREAKFAST BOWL** *(gf)*

Sautéed exotic mushroom, house pickled vegetable,  
rice, wakame, tempura nori

Basic cereals available on request  
(Coco pops, corn flakes, Nutri-grain)