



❖ Well-being Breakfast Corner

The Well-being breakfast corner has items specially selected to promote good health. All produce is organic, fresh and preservative free and the fruit and vegetable platters are packed with nutrients.

Eating breakfast has been proven to improve concentration, problem solving ability, mental performance, memory, and mood. Many foods eaten at breakfast contain high amounts of anti-oxidants, vitamins, minerals and fibre.

Symbol	Meaning
	Clean and Lean
N	Contains Nuts
V	Vegetarian: Free from all meat products including poultry, game, fish, shellfish or crustaceans. May contain dairy products or eggs.
P	Contains Pork
	Dishes served with Spicy ingredients

Clean and Lean:

“Clean and lean is not about calorie counting, self-denial or fad eating. It is about reassessing your relationship with food, learning to break bad eating habits and cycles. It’s about enabling you to treat yourself with everything your system needs to be beautiful, happy and healthy. Most of all, it is about making your body look and feel the very best it can be - for good.”  
-James Duigan

❖ Celebration Menu

“Indulge yourself with the best Caviar”

Caviar de Riofrio is rich in flavors, with a silky, soft, elegant touch on the palate, with a gentle aroma of sea breeze. It has a long and persisting finish, with a hint of sweetness, only recognizable in high quality caviar.The usual color for caviar is "pearl grey" with different types of reflections, traditional Riofrio Caviar Classic has an intense and complex flavor that defines the best and original Iberian Caviar.

Riofrio Caviar originates from the "Acipenser Naccarii" species, a gastronomic jewel appreciated throughout the world for its high quality meat and caviar. It is also known as the famous and prehistoric prize-winning sturgeon from the Guadalquivir River. It is a species more than 250 million years old, which once inhabited the rivers in southern Europe and Spain. It was on the verge of extinction due to the uncontrolled fishing in recent years; however, today Riofrio are the only breeders in Spain of this prehistoric species, and the only recognized organic producer of fine caviar.

Riofrio Caviar	30 grams	210
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To complement the Caviar:

- Grated Egg White and Egg Yolk
- Diced Shallots and Parsley
- Diced Capers
- Sour Cream
- Homemade Buckwheat Blinis

❖ Eggs *(Chargeable)*

Scrambled free range egg with shaved black truffle (subject to availability)	28
Poached lobster eggs benedict	38
Coddled eggs with truffle sour cream and caviar	38
Scrambled egg with crispy foie gras chunks	24
Egg white frittata with iberico bellota jamon and morel mushrooms	38
Lobster and dill scrambled eggs	28

❖ Fresh Juices

Natural or combinations of:

Navel orange, Pink grapefruit, Granny Smith apple  
Papaya, Young coconut, Watermelon, Pineapple,  
Tomatoes

❖ Tea Selection TWG

Black Tea

Nuwara Eliya OP  
*A black tea from the lofty hills of the celebrated island of Ceylon, this TWG Orange Pekoe is renowned for its light and generous complexity.*

Uva Highlands BOP  
*A well balanced blend of strength and flavour sets this TWG tea apart. This tea produces a beautiful golden infusion with an intense flavour. A bold afternoon tea.*

Chocolate Tea  
*Rich TWG black tea is blended with real morsels of dark chocolate and cocoa beans, yielding a truly enveloping and lingering aftertaste. A perfect dessert tea.*

English Breakfast Tea  
*This classic was originally blended as an accompaniment to the traditional English breakfast.*

Earl Grey  
*A legendary grand classic, this fragrant black tea is richly infused with the finest TWG Tea bergamot.*

Blue Tea

Imperial Oolong  
*A well-balanced, flavourful semi-fermented TWG tea with a sweet, fruity savour, a divine and lingering aftertaste.*

Emperor Sencha  
*A fine TWG tea with a subtle taste, this invigorating Japan green tea is ideal during or after a meal as it is rich in vitamin C and contains little theine.*

❖Tea Selection

Green Tea

Geisha Blossom Tea  
*Elegant and highly refined, this TWG blend of green tea and refreshing ripe southern fruits infuses into a fragrant cup that will calm and appease after a day's disruptions.*

Jasmine Pearls  
*TWG jasmine blossoms. The tender, silvery buds are intricately rolled into “pearls” and then dried amid fresh, aromatic jasmine flowers. The pearls magically unfurl in the teacup.*

Moroccan Mint Tea  
*A great favourite, this fine TWG green tea is perfectly blended with suave and strong Sahara mint. A timeless classic.*

Red Tea

Red of Africa Tea (Caffeine Free)  
*Delicate red tea from South Africa blended with sweet TWG Tea spices and marigold. This theine-free tea can be served warm or iced, at any time of the day, and is ideal for children too.*

Lemon Bush Tea (Caffeine Free)  
*Red tea from South Africa blended with wild citrus fruits. Refreshing, this TWG theine-free tea can be served warm or iced at any time of the day.*

Infusion Tea

Chamomile  
*Soft and soothing, these rare TWG Tea chamomile flowers boast a rich honey aroma.*



Clean & Lean Protein Shakes (*Chargeable*)

Berry Burn - GF, DF, SF 14  
*A fat burning, energising pre-exercise berry blend. Mixed with water*

Beauty Food - GF, DF, SF 14  
*Daily elixir of super greens and marine collagen peptides to reduce lines and wrinkles, improve skin elasticity and assist the deep repair of damaged skin. Mixed with water*

Ultimate Clean - GF, DF, SF 14  
*High fibre pro-biotic shake to cleanse your body from the inside out for a cleaner, leaner and lighter you  
Mixed with water or rice milk*

Body Brilliance – GF, SF 14  
*Protein and fibre daily shake, made from powerful super greens, minerals, energising herbs, fruit and vegetables to burn fat, boost your metabolism and fight off sugar cravings. Mixed with rice milk and Banana or Strawberry*

GF- Gluten Free    DF- Dairy Free SF- Sugar Free

*All prices are in US dollars and subject to 10% service charge plus applicable GST*

❖ Well-being Breakfast A La Carte

Egg white and spirulina closed frittata with roasted tomato, rocket and mozzarella  
*High in iodine, which is important in regulating your metabolism, Low in carbohydrates and high in lean protein*

Grilled nine-grain bread with avocado, tomato, poached egg and tofu mayonnaise  
*Contains vitamin E, lycopene and iso-flavanoids, powerful anti-oxidants known to lower the risk of cancer*

Khao tom - Thai rice congee chopped chicken, ginger, spring onion, poached egg and coriander  
*Gluten free, low GI and packed with heart healthy flavonoid*

Mushroom and ricotta bruschetta with fresh herbs and olive oil  
*Rich in calcium, excellent for preventing osteoporosis and aiding weight management*

‘L’ omelette de Sol’ - Three egg whites omelets with herbs, spring onion, asparagus, green beans and spicy tomato sambal  
*High in lean proteins and low in fat, Asparagus is excellent to alleviate water retention*



Rolled oats porridge served with milk, skimmed milk, soya or almond milk (N)  
*Rich in oat fibre, good for regulating functions and lowering cholesterol, Soya milk is rich in iso-flavanoids, known to help with hormonal balance*

Gluten Free pancake with berry compote, palm sugar  
*Balance the day with healthy gluten free option*


❖ Morning Favourites

Toasted bagel with cream cheese, Scottish salmon and onion confit with crispy capers	
Sweet corn fritters with roasted cherry tomato, bacon and avocado	P
“Pan Brioche” French toast stuffed with warm apple compote, orange and hazelnut syrup	N
Almond toasted muesli with raspberry yoghurt swirl	N

❖ Eggs

Eggs any style with your choice of:	P
Bacon ‘a la plancha’, crispy or turkey bacon, pork sausage, lamb merguez or veal sausage, fish fillet or homemade chicken patties, roasted tomato and potatoes	
Omelette any style with potatoes and roasted field mushrooms	
 Huevos rancheros - Mexican fried eggs on crispy tortillas with refried beans, cheddar cheese, sour cream and salsa fresca	
<i>We recommend this dish with an ice cold Corona Beer (\$11)</i>	
Frittata with mozzarella, sweet peppers, crispy chorizo, manchego cheese, rocket and tomato chilli jam	P
Eggs benedict with Virginia ham or smoked salmon, mushrooms, spinach and hollandaise	P
Grilled beef minute steak with poached egg, sauce hollandaise and sauteed potato	
 Brick a l’oeuf - Fried eggs in a crispy Tunisian crepe with sautéed baby spinach, wild mushrooms, merguez sausage and mild harissa	
Wok-fried crispy chicken and vegetables with hot chilli and soft scrambled eggs	

❖ Asian, Arabic & Maldivian

 Kai Jeaw - Thai omelette with chicken, crab meat, chilli and coriander	
Bento Box - Miso soup, egg roll, smoked salmon salad and shioyaki snapper	
Arabic Breakfast - Foul muddamas, shakshouka scrambled eggs and labneh, pickle vegetables	
Reethi Rah Breakfast - Green chilli and shallot omelette, yellow fin tuna sambal, red snapper curry, tawa grilled chapatti	

❖ Vittoria Coffee

Vittoria Filter Coffee  
*Freshly ground Arabica served in a French plunger*

Espresso  
*Allowing the coffee to reach its maximum intensity of taste and aroma, the espresso is renowned as the highest expression of true coffee lovers. Take yours untouched or try one of our variations*

Ristretto  
*Served shorter than a traditional espresso for more intense flavour*

Macchiato Caldo  
*Macchiato means ‘spotted’ and refers to a spot of steamed milk added to the espresso*

Macchiato Lungo  
*Served to the top of a demitasse cup with steamed milk*

Macchiato Freddo  
*Served with a small jug of cold milk*

All’ Americana  
*Served as a shot of espresso with hot water*

Cappuccino  
*Equal parts espresso, steamed and foamed milk*

Latte  
*Served long and milky*

Mocha  
*A hot chocolate served with a shot of espresso*

Hot chocolate  
*Served with steamed milk*

❖ A Twist in the Tale

Let our barista flavour your coffee with that special twist:

*Vanilla, hazelnut, pistachio, canella or honey syrup*

All coffees can be served ‘Doppio’ with an extra shot of espresso or ‘Decaffeinato’ with Vittoria decaffeinated coffee

❖ Iced Tea & Coffee

Iced Tea  
*Quench your thirst with a choice of English Breakfast, Earl Grey, Ginger, Oolong green tea or Rosehip and Hibiscus*

Iced Coffee  
*Take your caffeine kick cold with our iced or frappe coffee*

Iced Mocha  
*Frozen hot chocolate with a shot of espresso*

❖ Breakfast Smoothies

Papaya, Lime and Honey  
Forest Berries, Low-fat Yoghurt, Grapes, Citrus Reduction  
Green Coconut and Mango with Ginger and Coriander  
Watermelon, Rock Melon, Papaya, Mint and Ginger