

breakfast

beyond breakfast **7.00**
 2 free range eggs your way, choice of back bacon, bacon,
 or sausages, potatoes, whole wheat toast

three egg omelet **8.00**
 ham, tomato, mushroom, scallions, peppers, aged cheddar cheese,
 potatoes, whole wheat toast

corned beef hash **10.00**
 poached eggs, crispy onions, spiced hollandaise,
 whole wheat toast

belgian waffle **7.00**
 fresh seasonal berries, maple syrup

blueberry buttermilk pancakes **6.00**
 maple syrup

beyond french toast **8.00**
 waffled, fresh seasonal berries, maple syrup

absolute spa egg white frittata **10.00**
 asparagus, truffle oil, mizuna & apple salad

eggs benedict **11.00**

smoked salmon benedict **14.00**

steak and eggs **15.00**
 ny striploin, 2 free range eggs, potatoes

sides **3.00**
 pork & beef sausage - back bacon - bacon - potatoes
 free range eggs - whole wheat toast

absolute spa healthy starts

oatmeal	5.00
house made granola	7.00
pumpkin seed, bran apple muffin	4.00
plain yoghurt	3.00
seasonal fruit	7.00

baked goods **3.00**

bran or blueberry muffin	
croissant	
scone	
bagel w/cream cheese	
organic whole wheat toast	

coffee

illy dark roast	2.50
espresso	2.50
cappucino	3.50
latte	3.50
mocha	3.75

fresh juice **3.50**

orange	
pink grapefruit	
apple	

smoothie **4.50**
 very berry strawberry

cereals **3.50**

cornflakes - frosted flakes	
rice krispies - raisin bran	

tea **2.50**
 earl grey, english breakfast,
 orange pekoe, chamomile, green

organic loose tea service for 2 **8.00**
 chamomile, green,
 peppermint, cream asian