



Breakfast

High Fibre energy starters

All organic! daizies granola with no fat vanilla yogurt and fruit \$8

Oats are a good source of soluble fibre helpful in cholesterol and blood sugar management. They have low glycemic index and contain B Vitamins as well as minerals such as manganese and iron. Almonds contain heart healthy mono-saturated fats as well as vitamin E, protein, fibre and minerals such as potassium, calcium, iron and magnesium.

Served here or take it on the go!

365 calories, 19g fat, 6g protein, 46g carbs

Gluten free quinoa (pronounced “keen wah”) hot cereal served with organic skim milk and banana, walnut and maple syrup drizzle. \$5

Although Quinoa is generally considered a grain, it is actually related to beets, spinach and swiss chard. This “grain” has a mild nutty flavour and is higher in protein than any other grain. It is an excellent source of dietary fibre and contains all the amino acids. It is rich in Vitamin E and B and high in minerals including calcium, iron, copper, phosphorous and magnesium. An added benefit, Quinoa is gluten-free and considered easy to digest.

Healthy on the go options

Breakfast Turnover \$7

Scrambled egg with red pepper and green onions and herbs topped with crispy low sodium prosciutto and swiss cheese all melted inside a whole wheat wrap ready to go

340 calories, 8g fat, 26 g protein and 39 g carbs

Morning wake up call \$6

This on-the-go breakfast is sure to wake up more than your taste buds. Gluten free cranberry breakfast bun toasted with apple and low fat organic cream cheese mixed with dates, walnuts and cranberries which are rich in antioxidants.

310 calories, 5g fat, 12g protein, 40 g carbs

Bacon and cheese Panini**\$5**

Simple is sometimes best... sharp cheddar, crisp bacon and green onions melted on whole grain Panini or gluten free toast with pesto mayonnaise

375 calories, 15 g fat, 11 g protein, 42 g carbs

Veggie bagel**\$4**

The tried and true favourite, a flax seed bagel toasted with low fat organic cream cheese piled high with cucumber, lettuce, tomato and sprouts.

350 calories, 7g fat, 12g protein, 64g carbs

New Zealand Whey Protein energy shakes**\$4.50**

All natural and organic! Water soluble isolated whey that yields a high percentage of protein and little to no fat and carbs. Ideal for active individuals and seniors looking for an energy boost! Mixed berries with antioxidant rich cranberry juice and no fat yogurt.

All natural berry smoothie**\$3.75**

Put the run on winter blues with phytonutrients in berries that turn off enzymes that fuel depression and anxiety. It's a great way to start the day with a complete serving of fruit and dairy in one cup.

Breakfast Recharge!**Scrumptious garden scramble:****\$10**

2 organic eggs or if you prefer just the whites, diced red onion, ripe tomato, red pepper, seasonal veggies, spinach with garlic and basil served with choice of flax, whole grain or gluten free toast

118 calories, 6 g fat, 11g protein, 30g carbs

Excellent source of iodine, protein, riboflavin and selenium good source of phosphorous, vitamin A5, B12 and C

Add a sprinkle of grated aged cheddar or swiss if you like.

\$1

Add bacon

\$2

Add smoked salmon

\$3**Heart healthy smoked salmon special:****\$12**

A modern classic; soft, creamy, low fat organic cream cheese, silky mouth watering smoked salmon, the crunchy bite of red onion, refreshing cucumber and ripe tomato topped with fresh chives. Served on toasted 12 grain rye

222 calories, 7 g fat, 15g protein, 24 g carbs

Excellent source of Omega 3 essential fatty acids and selenium. Good source of protein, niacin, phosphorous, Vitamins B12, B6, A, K and C, copper, fiber, iron, potassium and magnesium.

All day breakfast salad**\$10**

Organic baby spinach and mixed greens, cherry tomato, grilled field mushrooms, hard boiled organic eggs, parsley, chives served with warm sweet potato rosti and optional low fat ham or bacon served with honey dijon dressing.

260 calories, 18g fat, 14 g protein, 11g carbs

Excellent source of vitamin A, C, K, good source of fibre, folate, iodine, iron, vitamin B6, B12

French toast sticks**\$10**

Given a fresh twist through portion control. Whole wheat bread cut into strips and dipped in egg whites then grilled until golden brown. A drizzle of local maple syrup served with fruit and this sweet indulgence is guilt free.

147 calories per 4 sticks and ½ tbsp of syrup. 3.5 g fat, 9g protein, 21 g carbs

You're the boss

\$11

2 organic eggs done your way, with bacon or ham or sautéed mushrooms, served with a sweet potato rosti, organic greens and flax toast

245 calories, 16 g fat, 14 g protein and 30 g carbs

Refresh

Organic, naturally sweetened fruit juices: orange, orange mango, pomegranate, cherry, thirst quenching lemonade **\$2.50**

ReUnion Island Fair trade coffee (love it? Take it home. We sell fresh ground)

Regular **\$1.65** Large **\$1.85**

X-large **\$2.25**

Espresso (espresso beans also available fresh ground)

Lattes, Capuccino, Americano

Soy lattes

Chai lattes

Hot chocolate

Assorted herbal, green, black, decaf teas