

BREAKFAST served all day

Breakfast Special 2 eggs any style \$8.95
turkey sausages, real pan fries, fruit & toast

Quattro Omelette two fillings and \$8.95
choice of toast or pan fries Extra fillings \$1

Breakfast Wrap scrambled eggs \$6.95
sausage, mushroom, potato & cheddar
Served with salsa
Vegetarian option sub spinach for sausage

English Platter 2 eggs any style, \$11.95
2 sausages, baked beans, pan fries,
tomatoes, mushrooms & toast

Mo's Granola served with yoghurt, \$5.50
Fresh fruit and honey

Oatmeal made to order \$4.95
Served with turbinado sugar & milk

La Vita e Bella 2 poached eggs served \$7.95
on grilled vegetables with toast

French Toast Blueberry Compote \$7.95
with Real Whip Cream & Maple Syrup

BENNY'S served until 11am

All Benny's are served with

Pan-fries and Fresh Fruit \$12.95

Classic Benedict

2 Poached Eggs on an English muffin with Turkey
Back Bacon and Fresh Hollandaise Sauce

West Coast Benny

2 Poached Eggs on an English Muffin with Cold
Smoked Salmon. Topped with Hollandaise, Fresh
Red Onion and Capers

Zanzibenny

2 Poached Eggs on an English Muffin with
Mushroom Paté, topped with Hollandaise Sauce
and Fresh Pesto

SALADS

Garden Salad small \$5.25 large \$7.95 with
organic greens & house dressing

Greek Salad small \$5.95 large \$8.95

Tandoori Chicken & Mango Salad \$12.95
Generous portion of House Spiced Chicken &
Fresh Mango Slivers atop a bed of Green Salad

Shrimp & Avocado Salad \$12.95
Served on a bed of Organic Greens with Avocado Slices

SPECIALTY ENTRÉES

Tandoori Chicken Pita \$11.50
House Spiced Tandoori Chicken served with
Organic greens, Tzatziki & Pita

Falafel Pita Platter \$10.95
Baked Falafel Patties served with
Tzatziki, Greek Salad & Pita Bread

Half Pita with Soup Falafel or Chicken \$9.95
Platter with Choice of Soup

Indian Chicken Coconut Curry \$10.95
Served with Aromatic Basmati Rice & Raita

Indian Vegetarian Curry \$8.95
Same as above but without chicken

Chicken & Avocado Melt \$12.95
Open Faced English Muffin with Chicken
Breast, Tomato, Avocado and Brie Cheese
topped with cranberry sauce and served on a
bed of Organic Greens

Grilled Turkey Panini \$7.50
Panini Style on Our Home Made Bread
With Edam Cheese and Roasted Vegetables

Grilled Veggie Panini \$7.50
Panini Style on Our Home Made Bread
With Edam Cheese, Roasted Italian
Vegetables, Artichokes & Avocado

DELI SANDWICHES

All Sandwiches come heaped with fresh veggies

We also have soup and sandwich options

Regular \$5.30 **Premium** \$ 6.95

Egg Salad Grilled Chicken Breast

Tuna Salad Tandoori Chicken

Garden Veggie Shrimp & Avocado

Tricoloré
Tomato, Avocado,
Edam Cheese

GOURMET BURGERS

\$11.95

Served with Soup, Salad or Pan Fries

Portobello Mushroom Burger

Mushroomy goodness on a Whole Wheat Kaiser
with Melted Blue Cheese

Sahbi Lamb Burger

Handmade Patty served on a Whole Wheat Kaiser
with our Apricot Relish and Minted Mayo

Albacore Tuna Burger

High grade Tuna steak on a Whole Wheat Kaiser
with Pickled Ginger and Daikon Radish

SOUPS hot & hearty

Seafood Chowder \$8.95

Minestrone, Mulligatawny or
Soup of the day

Bowl \$5.00 Large \$7.50