Winter Breakfast Menu



Daily Breakfast: 9 a.m. to 12 p.m. Weekends: 9 a.m. to 1 p.m.

TRADITIONAL BREAKFAST

| Foul | 1.95 | Circassian Cheese Saj 3.50 |
|--|------|--|
| Hummus | 1.95 | Za'atar Saj |
| add: minced meat | 1.00 | Falafel Saj 2.95 |
| Fatteh Hummus | 3.75 | with tahini sauce |
| add: minced meat | 1.00 | Qalaya |
| Moutabal | 1.95 | mildly spicy cooked tomatoes |
| Labaneh Balls | 2.95 | Seasonal Mixed Vegetable Platter 2.75 |
| plain or coated with za'atar or sesame | | Mixed Homemade Pickles 2.50 |
| Grilled Halloumi | 4.25 | Makdous 2.50 |
| White Local Cheese | | stuffed small eggplant with walnuts and mild chili peppers |
| Fresh Za'atar | 2.25 | Black or Green Olives 2.50 |
| with olive oil | | Reserve Honey 2.25 |
| Falafel (5 pieces) | 1.95 | Reserve Jam 2.25 |
| | | The above is served with pita or whole wheat taboun bread |

EGGS

LARGE TRADITIONAL BREAKFAST 25.00 (meal for 4)

hummus, foul, mofarakah potato, saj cheese and za'atar, plain labaneh balls, grilled halloumi, qalaya, makdous, green and black olives, mixed pickles and seasonal mixed vegetable platter.

All the above is served with pita or whole wheat taboun bread, brewed black tea with sage and filtered water

Eggs Any Style (3 eggs) 3.50
your choice of omelette, scrambled, poached, sunny side up, over easy or hard boiled

Mofarakah 4.25
eggs with potatoes and a dash of parsley
Eggs Benedict with Salmon 5.95
poached eggs with smoked salmon and hollandaise sauce
Shakshuka 3.25
eggs with tomatoes, bell pepper, onion, garlic with chili pepper

The above is served with roasted potatoes, grilled mushrooms and tomatoes, pita or whole wheat taboun bread

CONTINENTAL BREAKFAST

| French Toast | 3 |
|---|----|
| two pieces of white or rye toast topped with reserve honey or maple syrup | |
| Pancakes | 3 |
| extra toppings vary | |
| Chocolate Crêpe | 3 |
| Strawberry Crêpe | 3. |
| FV Apple Pie Parfait | 2. |
| yoghurt topped with sliced apples, walnuts, toasted almonds and a drizzle of honey and a dash of cinnamon | |
| ✓ Banana Oatmeal Parfait New | 2. |
| yoghurt mixed with cocoa powder topped with oatmeal, sliced bananas, walnuts and a drizzle of honey | |
| V Oatmeal Pancakes (myskinnyseasons) | 3. |
| oatmeal, eggs, banana, vanilla extract topped with honey & seasonal fruits | |
| Make your own yoghurt bowl | 1. |
| fresh yoghurt with your choice of toppings | |

EXTRA TOPPINGS

| Fresh Seasonal Toppings | 0.75 |
|--|------|
| apple, banana, orange, and seasonal fruits | |
| Frosting | 1.50 |
| chocolate syrup, maple syrup, reserve honey, reserve jam | |
| Non-dairy milk | 3.00 |
| a full glass of almond milk | |
| Nuts | 1.00 |
| walnuts, almonds, flax seeds | |
| Crunch | 2.50 |
| Oats | |

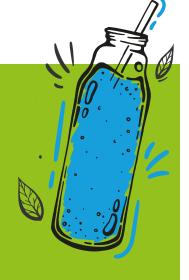
HOMEMADE DESSERTS

| Warm Mixed Berries Crumble mixed berries in fresh orange sauce served with vanil | |
|--|------|
| ice cream Apple Pie | 3.95 |
| Choco Banana Crepe | |

| VV Date Molasses 1.95 | 5 |
|---|---|
| served with tahini sauce | |
| lce cream – per scoop 1.95 | 5 |
| * ✓ Guilt Free Date Bars (myskinnyseasons) 3.50 |) |
| oatmeal, dates, shredded coconut, ground flax seeds, walnuts, served with yoghurt | |

STILL & SPARKLING WATER

| Filtered Water (1L) | 0.50 |
|----------------------------|------|
| Hildon Still Water (large) | |
| Hildon Still Water (small) | 1.75 |
| Hildon Sparkling (large) | |
| Hildon Sparkling (small) | 2.50 |
| In Consult Markey | |
| Infused Water | 1.50 |
| Detox Water | |



FRESH JUICES, SMOOTHIES & GREEN COCKTAILS

Fresh seasonal fruits are used in all our juices, smoothies & cocktails (all fresh juices & smoothies available for takeaway)

Juices 3.75

Fresh Juice orange, carrot, strawberry, apple, banana, kiwi, lemon, tomato **Fresh Juice Cocktail** choose your own combination from any of the fruits available

Green Cocktail 3.25

- ▼ Romaine Apple Mint apple, head of romaine lettuce, mint, lemon
- ▼ Cucumber Ginger apple, fresh cucumber, ginger, mint
- ✓ Green Detox apple, kiwi, celery, honey, spinach leaves, lime juice

Smoothies 3.75

▼ Frozen Lemonade Smoothie

lemon, zest of lime, mint

✓ Orange Lemonade Smoothie

slices of orange and lemon blended with orange and lemon juice

Freshness Smoothie

strawberry, mint, lime

Wild Smoothie

orange, strawberry, banana, vanilla ice cream

Purple Rain Smoothie

strawberry, yoghurt, blueberry ice cream

* Date Smoothie

dates, mint, milk

* ✓ Cinnamon Mocha (myskinnyseasons)

coffee, almond milk, medjool dates, walnuts, cinnamon

Immunity Boosting 3.75

*V Aloe Vera Goodness

organic aloe vera gel from RSCN reserves, cucumber, ginger, honey, lemon juice

*V Orange Warrior New

blended orange, carrots, ginger (optional: honey)

*V Apple Strength New

apple, cucumbers, ginger with a dash of cinnamon powder & honey



COFFEE

| Turkish Coffee Organic Italian Coffee Nespresso Coffee Ristretto (espresso) Lungo (american coffee) Decaffeinated (nespresso) Leggero (cappuccino) Latte Macchiato | 3.952.952.95 | Nespresso Coffee Cocktails Chocolate Dream nespresso ristretto, chocolate ice cream, whipped cream chocolate chip and mint Almond Coffee nespresso lungo, almond syrup, hot milk, whipped creat Vanilla Cappuccino nespresso leggero, vanilla ice cream, whipped cream, chocolate chip Iced Hazelnut Macchiato nespresso decaffeinated, hazelnut syrup, crushed ice | 3.95 am |
|--|--|---|------------|
| TCHABA ICE TEA COCKTAILS | 3.75 | | |

Iced Peach

peach syrup, brown sugar, fresh lemon juice with royal breakfast tea

Iced Berry

cranberry juice, grenadine syrup with ginger calm tea

Masala Tea

SIGNATURE RESERVE TEAS

2.75

Sage Herbal Tea Rosemary Herbal Tea Thyme Herbal Tea **Verbena Herbs** (malleeseh)

TCHABA TEA SELECTION

3.25

Royal Breakfast

blend of black tea leaves

Green Tea Curls

green tea leaves rich in antioxidants

Earl Grey Flora

black tea, bergamot oil and violets

Moroccan Nights

green tea and mint

Masala Chai

black tea, black pepper, cardamom, ginger, star anise

Jasmine Haze

white tea and jasmine blossom

Rosa

white tea, green tea, rose petals

Chamomile Breeze

chamomile, mint, hibiscus, lemongrass, orange peel

Ginger Calm

ginger, lemon, orange peels, licorice, mint, lemongrass

Add almond milk ______ 1.00

Ask your server for

| A selection of our homemade ice tea flavors | 1.95 |
|--|------|
| * A selection of garden grown herbs with boiled water | 1.75 |
| * Cinnamon sticks boiled with coconut flakes and walnuts | 2.25 |
| * Hot chocolate sweetened with honey | 3.25 |