

HEALTH HUB BREAKFAST MENU

HEALTH KEY

(V) VEGETARIAN | (P) PROTEIN RICH | (PS) PESCATARIAN | (GF) GLUTEN FREE | (DF) DAIRY FREE | (E) EXCELLENT

HEALTHY DAILY STARTERS

BREAKFAST BANANA SPLIT (V)

Healthy start free-range banana / almond butter / strawberries / natural pot set yoghurt / granola sprinkle

65

TWO FARM FRESH EGGS (V) (P)

Free range eggs / boiled or poached or scrambled or fried / with choice of toasted bread

65

WATERMELON PIZZA (V)

Full round slice organic watermelon / mixed seasonal tropical fruit pieces / fresh homemade jam topping

60

DRAGONFRUIT SMOOTHIE BOWL (V) (SF)

Colourful Dragonfruit smoothie / seasonal cut tropical fresh fruit / goji berries / blueberries

80

WITH raw cacao powder or chia or extra goji and blueberries

95

WITH extra seasonal fruit or yoghurt

95

PESTO WRAP (P)

Scrambled free range eggs / homemade basil pesto / grilled fresh organic garden vegetables / tortilla wheat wrap

75

GRILLED VEGGIE OMELETTE (V) (P)

Sautéed mushrooms / tomatoes / spinach / grilled capsicum slice / low fat feta

75

TRADITIONAL BLACK RICE PUDDING (E)

Balinese black sticky rice / cardamom / local cinnamon / fresh coconut cream

60

MUNG BEAN PANCAKES (E)

Gluten free round pancakes / organic pure maple syrup / papaya / fresh berry compote topping

65

ORGANIC BAKED BEAN TRIO (P)

Mixed bean medley / garlic / onion / tomato concasse / mixed spices / organic parsley / wholemeal toast

80

SUPERFOOD PORRIDGE (SF)

Cooked oatmeal / sprouted almonds / goji berries / chia seeds / sliced banana / vanilla coconut cream / sprinkled organic raw cocoa powder / local cinnamon

85

AVOCADO TOAST (E)

Wholemeal bread toasted / layered low fat-protein rich ricotta / avocado / chia seed sprinkle / lime / sea salt

70

WITH poached free range egg

85

CADA (SF)

Coconut / almonds / dates / apple / food processor rough / separate pot set yoghurt / chopped seasonal fruit

105

GRILLED ORGANIC ASPARAGUS (V)

Organic charred pumpkin / homemade hummus / dukkha / lemon pink peppercorn infused olive oil

85

WITH free range poached egg

90

HEALTH HUB GRANOLA (PA) (E)

Lightly roasted seed nut mix / local cashews / grated coconut / goji berries / pumpkin / sesame seeds / chia / pinenuts / pinch of cinnamon and cardamom spice / yoghurt with banana / strawberries / passion fruit

120

WITH banana / strawberries / passion fruit

135

WITH almond nut milk

135

HOME GROWN HASH (V)

Crispy hash brown potatoes / topped with organic grown rocket / chopped tomatoes/ avocado / 2 free range poached eggs / cold pressed olive oil / lemon squeeze

85

WITH low fat feta

95

AVOCADO SCRAMBLE (V)

Scrambled 3 free range eggs / organic avocado topped / low fat cheese / softened black beans / rosemary roasted potatoes

75



*Unsure?
Ask our friendly
staff for advice!*



POWER HOUSE (P)

Scrambled 4 egg whites / organic local brown rice / organic steamed seasonal veggies / tomato salsa

85

WITH organic tofu

95

WITH free range chicken boob

115

ACAI BOWL

Brazilian superfood mixed and topped with berries banana homemade granola and coconut

120

MACRO BOWL (V) (P)

Organic local Brown rice / steamed seasonal vegetables / sea vegetables / marinated grilled tofu / tempeh / grated carrot / beetroot / hikma / mound of mixed sprouts / avocado / roasted pumpkin / sesame seed sprinkle / lemon tahini dressed

75

WITH QUINOA (NO RICE)

80

WARM ORGANIC FRUIT SALAD (V)

Sautéed blueberries / caramelized banana / poached apples / warmed medjool dates / pinch paleo granola /

fresh pot set yogurt / wild bush honey / local cinnamon

75

POWER SIDES

POWER SIDES (EXTRA)

EGG WHITES ONLY

25

STREAKY BACK BACON

30

CHICKEN SAUSAGE

30

WILD ROAMING MUSHROOMS

25

WILTED SPINACH

25

SLICED AVOCADO

25

GRILLED ORGANIC TOMATO

25