

# inhouse

## Breakfast at Tamanu

### INCLUDES

A fruit board to share, filter coffee, tea and juice,  
Plus choose ONE dish from the menu below.

**Gluten free** bread, wraps and muesli available  
subject to availability. Please ask.

Coconut Chia Seed Pudding with berry & coconut  
topping (subject to availability) ▲ ■ ♥

Mixed Berry Smoothie Bowl  
Berries & banana blended with coconut cream,  
topped with chia, pepitas & coconut ▲ ■ ♥

Island bowl-granola muesli with freshfruit, yogurt &  
honey served in a coconut ■

Freshly made pancakes, topped with tropical fruits,  
served with mascapone ■  
*(gluten, dairy and egg free options available - allow 20 mins)*

Two eggs - poached, scrambled or fried served  
with bacon & toast ●

Hummus Toast- house made hummus, cherry  
tomatoes, sesame and balsamic ■

French toast with caramelized bananas, served with  
ice cream ■

Eggs benedict with two poached eggs, greens &  
hollandaise, served on an English muffin ■

Potato Rosti Benedict - two poached eggs, greens  
& hollandaise, served on a potato & herb rosti ▲ ■

Breakfast Burrito with avocado, chipotle scrambled  
egg, salsa, bacon, diced red onion & tomato and a  
potato filling ●

Omelette with basil pesto and feta cheese served  
with toast ■

Vegan Omelette with silverbeet, capsicum, red  
onion, tomato *(allow 20mins)* ♥ ▲

Green shakshuka, eggs, silverbeet, garlic, chili,  
tomatoes, served with mini baguette & feta  
cheese ■

Vegan shakshuka, chickpea eggs, silverbeet, garlic,  
chili, tomatoes ♥ ▲

### HOT DRINKS

Tea | Coffee | Hot chocolate 350vt

Black Coffee, Espresso, Cappuccino Flat  
White, Café Latte, Moccha, Macchiato

Non Dairy Milk available - please ask.  
*Add 50vt*

### BREAKFAST BLITZERS

Start your day right with a breakfast blitzer! All  
blended with ice ▲ ♥ ■ **650VT**  
**Add a scoop of protein powder ■ 200vt**

Papaya Dream  
Fresh papaya, coconut milk, & lime

Chia and Banana  
Bananas, chia seeds, almond milk

Choc Hazelnut Blast  
Espresso, hazelnut, cocoa & almond milk

Choc Berry Bang  
Mixed Berries, cocoa, coconut, almond milk  
and chia

Tropical Daze  
Today's best mixed tropical fruits, chia seeds,  
ginger & a splash of lime juice

### HOLIDAY MODE

Mimosa 800vt

Bloody Mary 1150vt

Aperol Spritz 1150vt

### EXTRAS

250 vt

Tomatoes | Wilted greens | Hashbrown

350vt

Potato Rosti | Bacon | Feta Cheese | Sausage