



## Ever so into your morning

### Gourmet Eggs

#### Scrambled Eggs

Smoked salmon and crème fraiche

#### Crab Egg 'Benedict'

Poached egg and picked crab, hollandaise on a toasted English muffin

#### Egg 'Benedict' or 'Florentine'

Two poached eggs with either smoked ham or spinach gratin, hollandaise sauce on a toasted English muffin

#### Crab Omelette

Picked mud crab, onion, tomato, cilantro and chili

#### Three Eggs Omelette

Choose from ham, bacon, mushroom, onion, capsicum, tomato, chilli, spring onion and cheddar cheese

#### Maldivian Omelette

Local yellow fin tuna, onion, tomato, kopee leaves and local chilli

#### Vegetable Omelette (V)

Mushroom, onion, bell pepper, tomato, spinach and bok choy

#### Green Green Omelette (V)

Spring onion, spinach, coriander, green bell pepper and bok choy

Inspiring a lifetime of rare experiences



## Hot Corner

Bacon

Pork sausage

Chicken sausage

## Pancakes and Crêpes

American pancakes

Banana pancakes

Crêpes

Pancakes and crêpes with your choice of fruit

## On the side....

Maple syrup, icing sugar, honey or chocolate sauce

## Indian Speciality

Plain and Masala Dosa

Plain and Masala Uttapam

Plain and Egg Hoppers

Plain and Aloo Paratha

Samba

Tomato and Coconut Chutney



## Hot Beverages TWG Tea selection

### **Black Tea**

Royal Darjeeling FTGFOP

English breakfast

Kenilworth

### **Exclusive Black Tea Blends**

Tibetan secret

Earl grey

### **Green Tea**

Jasmine Queen

Emperor Sencha

### **Exclusive Green Tea Blends**

Polo club

Silver moon

Crème brûlée

### **Exclusive Blue Tea Blends**

Kawai flower superior

Imperial oolong

### **White Tea**

Pai mu tan

### **White Tea Sachet**

Chamomile

### **Exclusive Red Tea Blends**

Lemon bush

Vanilla bourbon



## Coffee

Cappuccino  
Espresso  
Ristretto

Café Americano  
Double Espresso

Café Latte  
Latte Macchiato  
Espresso Macchiato

## Specialty Coffee

Café de Olla  
Coffee, cinnamon, brown sugar

Eiskaffe  
Coffee, sugar, vanilla ice cream, whipped cream, vanilla pod, coffee beans

Vietnamese Hot or Cold  
Coffee, condensed milk

Affogato Hot or Cold  
Coffee, vanilla ice cream, dark chocolate, hazelnut

Mocha Hot or Cold  
Coffee, milk, chocolate syrup

Iced Ginger Coffee  
Coffee, ginger syrup, ginger extract, brown sugar, milk, dark chocolate



## Cold Brew Coffee

### Tropical Pandan Brew

Fresh banana, coconut milk, cold brew pandan coffee

### Sparkling Brew

Cold brew espresso, homemade hibiscus syrup, top with tonic

### Turmeric Latte

Cardamom, cinnamon, honey, coconut milk, turmeric, top with espresso

### Lemon Grass Cold Brew

Homemade lemon grass syrup, top with cold brew coffee

### Clod Brew Latte

Cold brew coffee, top with milk

### Strawberry Mint Frappe

Cold brew coffee, mint. Strawberry

### Cold Brew Mule

Cold brew coffee, ginger juice, homemade pandan syrup

### Lychee Cold Brew Coffee

Cold brew coffee, lychee, rose Water



## Freshly Squeezed at The Juice Bar

We aim to offer you a wide selection of fresh fruit and vegetable juices, however, seasonal availability or logistical challenges may prevent us from having everything available every day.

Mix and match the following fruits and vegetables as you wish.

The following juices are made freshly and can be ordered on request:

Apple  
Banana  
Grapefruit  
Honeydew melon  
Kiwi

Mango  
Orange  
Papaya  
Pineapple  
Watermelon

Beetroot  
Carrot  
Cucumber  
Celery  
Tomato

## Health is Wealth

### Tropical Island

Banana, mango, pineapple and orange give you a sense of the tropics

### A Feast

A feast for the spirit; carrot, apple, pineapple and orange

### The Energizer

Re-energized with banana, honey, yoghurt and almonds

### Coconut Zinger

Taste of the Maldives with fresh coconut milk, pineapple, apple and ginger



## Cleansing Juice

### Clean Tonic

Orange and Carrot

*This delicious tangy mixture is a good combination that helps condition the liver. High in Vitamin C to boost the immune system and cleans the digestive track*

### Tangy Spice

Orange, Apple, Lime and Ginger

*A juice with a gentle kick. This juice has powerful antioxidant benefits and is perfect to have at the onset of a cold or fever; rich in Vitamin A and C and full of fibre. Ginger is often used for digestive and circulatory problems.*

### Beet Treat

Carrots, Orange and Beetroot

*This vitality juice helps build better blood and provides essential ingredients of nutrition for cell protection. Rich in Vitamins A, B, C, E as well as folic acid and potassium*



## Energizing Boosters

### The Refresher

Watermelon, Mint and ice cubes

*This juice is refreshing and uplifting. A tangy drink to beat the heat.*

### Spa Energizer

Tomato and Celery

*This juice is uplifting and is excellent to ease the discomfort of a jet lag.*

### Peak Performer

Grapes, Guava, Apple and Pineapple

*This juice has a unique flavour and will give you a 'feel good-day', full of fibre and natural sugars and it's just the thing to thing to provide instant energy. It contains enzymes with natural healing properties as well as Vitamin B and C, Pectin and Calcium.*

### Eye Opener

Spinach, Apple, Cardamom, Celery

*A refreshing and energising protein-rich juice which serves as a great start to the day, it contains many essential nutrients such as vitamin A, C, E, magnesium and iron. Taken regularly, it helps to reduce skin damage, hair fall & improves bone health.*





### Mango Minty

Mango, Apple, Basil, Mint

*This delicious and nutritious drink is packed with anti-oxidants, flavonoids and minerals for excellent overall health. It will also contribute to glowing skin, lustrous hair and bright eyes.*

### Breakfast Beater

Apple, Orange, Ginger, Carrot, Celery

*This juice provides many essential nutrients such as beta carotene, flavorful and vitamin C. The ginger helps expel mucus from the respiratory tract helping to relieve asthmatic and sinus problems. Diluted, this is also a perfect drink for acute gastrointestinal disturbances.*

### Citrus Papaya

Orange, Honey, Lime, Papaya

*An ideal drink for cleansing and soothing the digestive tract, High levels of antioxidants. Cleanses & enhance immune properties.*

### Strength of 'Medhufaru'

Home Grown Banana, Mango, Guava, Cardamom

*This is a rich drink packed full of essential nutrients which, with regular consumption, has been proven to lower blood pressure, cholesterol and improve cardiac performance. It will also contribute to healthy bones.*

### Sunrise at Jani

Orange, lemon, passion, Strawberry

*Tasty, tropical indulgences full of life-protecting vitamins and minerals which will make you feel healthier, look better and enhance your day!*



### Truly Asia

Pineapple, Mango, Coriander, Ginger, Passion Fruit

*This juice is filled with fibre, iron & manganese. It helps in treatment of skin inflammation, lowers cholesterol & benefits eye care.*

### Hulk

Fennel, Basil, Mint, Orange, Honey

*This juice is packed with life-giving antioxidants and chlorophyll which help to reduce cholesterol, lower blood pressure and protect the body against free-radical damage and disease.*

### Red Beet Booster

Beetroot, Peach, Passion Fruit

*A fantastic juice full of protective antioxidants and minerals, ideal for warming you up and replenishing your fluid and electrolyte levels after diving or sports.*

### Tropical Mint Breeze

Lemon, Mint, Cucumber, Watermelon

*A great tropical drink to refresh, replenish and cool you down. Perfect after a workout. Its boost immunity, gives you energy and keeps you radiant.*

### Sunburn Elixir

Pineapple, Cucumber, Lemongrass, Passion Fruit

*A light juice which is rich in water soluble antioxidants and vitamin C. It helps the body to gain resistance against infectious agents and also keeps the body cool.*



## Sonu's Juice Selection

### Sonu's Juice no 1

Celery, Cucumber, Parsley, Romaine Lettuce, Wheat Grass

*This bright green drink contains juices rich in chlorophyll, an excellent body cleanser, as well as such nutrients as folate and potassium - all essential for good health.*

### Sonu's Juice no 2

Carrot, Lemon, Spinach, Tamarind

*Spinach and carrots are high in B Vitamins, also high in calcium, potassium iron and magnesium. Lemon and tamarind are rich in tartaric acid activity as powerful antioxidant. This recipe provides good midday energy boost.*

### Sonu's Juice no 3

Coriander, Cucumber, Fennel, Pear

*A light and delicious juice containing nutrients to promote bone growth in children and bone maintenance in adults, contains some magnesium and soluble fiber and fennel help to soothe and calm an unhappy digestive tract.*



## Smoothie

Mix and match the following fruit smoothie as your Favourite

Apple  
Banana  
Mango

Orange  
Papaya  
Pineapple

Strawberry  
Kiwi  
Ginger

passion fruit  
Spinach

### **Berry beanie**

Strawberry, yoghurt, orange, vanilla pod

### **Mango tango**

Mango, mint, yoghurt, honey

### **Passionate**

Passion fruit, banana, pineapple, yoghurt, honey

### **Evergreen**

Baby spinach, ginger, peach, yoghurt, honey