



LIVING MENU

BREAKFAST

Scrambled Eggs with slow roasted tomatoes

Crispy bacon, feta spinach & Toast

Tropical Fruit Platter

*

Pumpkin & Spinach French toast

Papaya & Pineapple salsa with toasted
almonds

Crispy bacon

*

Herb Scramble Eggs with pan

Seared lamb, asparagus, cherry tomato & wild
mushrooms

Avocado, feta spinach, toast

Tropical fruit platter

*

Pumpkin & Spinach French toast

Papaya & Pineapple salsa with toasted
almonds

Spiced Zucchini & red pepper relish

(on your favorite choice)

LUNCH

Reef Fish cakes

Or

Organic potatoes cakes

Or

Vegetable cakes

(Celery, cauliflower, potatoes herbs)

Tartar, Herbs & Nori salad

*

Chicken & Vegetable Bone Broth

Or

Chicken & Vegetable Broth

*

Pork Tomahawk or Chicken Tomahawk Thigh

With

Charred Broccoli & cauliflower, almonds, chili &
garlic

Sweet potato, cherry tomato, baby spinach,
Pumpkin Seeds & Feta salad

*

Rosemary & Garlic infused Roast Leg Of
Lamb Or Beef

Roasted Carrots, Sweet potato, Shallots

Salad of organic, greens, Parsley, coriander,
cucumber, apple, cranberry

&

Almonds

DINNER

Sashimi grade Tuna Steak
Roasted Cauliflower & Herbs
Sweet potato mash
Organic Herbs Salad

*

Toasted Potatoes or Cauliflower
And Coconut crumbled chicken
With
Sweet potato crisps & Rustic Slaw
(Shredded Cabbage)

*

Barramundi Fillet or Pan Seared Tuna Fillet
Salad of Quinoa, Roasted Beetroot , Carrot
Corn, Orange, Goat's Cheese
Toasted seeds & Organic Leaves