



POST BREAKFAST

FRESH JUICES AND EXTRACTIONS

Orange, fruit and vegetable extraction of the day **8**

PASTRY BASKET

Selection of freshly baked croissants, pain au chocolat and muffins with house made preserves and butter **18**

BREADS

Fresh or Toasted

Sourdough, 9 grain whole wheat, spiced fruit and nuts, banana with house made preserves, honey and butter **16**

SEASONAL FRUIT, YOGHURTS AND CEREALS

Seasonal fresh fruit plate **16**

Yoghurt, plain or seasonal fruit **14**

House made granola, vanilla yoghurt and berries **16**

Bircher muesli with poached fruit **16**

À LA CARTE SELECTION

SWEET

Crêpes with orange cream, citrus fruit **24**

French toast with poached fruit, malted fudge cream and candied walnuts **24**

SAVOURY

Hot smoked salmon, zucchini brioche, fried egg and salmon roe **26**

Smoked ham, poached egg, hollandaise sauce on English muffin **26**

POST breakfast, eggs cooked to your liking, chicken sausage, double smoked bacon, mushrooms, roasted tomato, baked beans and potato roesti **28**

COMO SHAMBHALA HEALTHY ALTERNATIVES

Nut and seed "real toast" with crushed avocado, tomato and cucumber **22**

Quinoa porridge with pear, blueberry and almond **18**

Steamed seasonal green vegetables, poached egg and green goddess sauce **22**

Egg white and kale omelette, mushrooms and roasted tomato **24**

MANO A MANO COFFEE

Espresso, macchiato, long black, flat white, cappuccino, latte, **4/4.5**

BAHEN & CO. CHOCOLATE

Hot chocolate **4.5**

JING TEAS

Assam Breakfast, Earl Grey, Peppermint, Chamomile, Blackcurrant Hibiscus **5.5/6.5**