

# UNWIND & RESET

## BREAKFAST MENU

### ***Selection of cold-pressed juices, coffee and tea***

*Apple, orange, grapefruit*

### ***Homemade granola bar***

*Coconut, oatmeal, pecans, raisins, almonds*

### ***Sliced fresh fruits***

*Melon, pineapple, watermelon, grapes*

### ***Soy milk and chia seed pudding***

*Amarena cherries, vanilla*

### ***Avocado toast***

*Toasted sourdough bread, mashed avocado, poached eggs*

**OR**

### ***Egg white omelette***

*Smoked Scottish salmon, basil leaves, Datterino tomatoes*

