



THE SHORE CLUB

LONG BAY BEACH

WELCOME TO ALMOND TREE BREAKFAST

À LA CARTE SELECTIONS

SERVED DAILY 7AM – 10:30AM

POWER BOWLS AND HEALTHY CORNER

Poached hens'egg with red rice, avocado and homemade pickled vegetable

Curried mung bean with Sri Lankan fresh coconut sambal

Coconut barley porridge with fresh plum jam and banana

Power Toast with crunchy toast, poached egg, tomato, and crushed avocado

Homemade granola with your choice of milk or yogurt

Energizing oats, plain or with nuts and honey

RESORT FAVORITES

Traditional Eggs Benedict

Toasted English muffin, topped with shaved ham, poached eggs and hollandaise sauce

Huevos Rancheros

Tortilla with refried beans, ranchero sauce and fried eggs

JUICE AND SMOOTHIE BAR

Please ask your waiter for our daily selection of fresh juices and smoothies.

Sodas 4

Bottled water 8

Mimosa 18

Bloody Mary 18

FROM THE COFFEE BAR

Frappuccino (blended beverages)

Coffee 10

Mocha White

chocolate mocha

Caramel Strawberry

Matcha green tea

Espresso 6

Double espresso 8

Cappuccino 8 Latte 8

Kindly notify one of our service team if you have any allergy intolerance or food intolerance.

15% service charge & 12% government tax will be added to your final check.



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BODY & SOUL REFRESHMENTS

ORGANIC KOMBUCHA DRINKS (4 ounces) 16

Start your day with Kombucha!

It's a great low caffeine alternative to coffee or tea, so you can enjoy a little boost without the dreaded crash! It has also been suggested that consuming kombucha on an empty stomach may also help to balance your gut bacteria to aid digestion throughout the day (we do not recommend for pregnant women)

TURMERIC, GINGER & LEMON GRASS

Ingredients: green tea, local turmeric, ginger, local lemongrass

Health benefits: Powerful antioxidant, anti-inflammatory, digestive aid, alleviates abdominal and muscle pain, lowers risk of heart disease

MANGO & PASSION FRUIT

Ingredients: green tea, mango, passionfruit, cane juice

Health benefits: lowers cholesterol. The high levels of fiber, pectin and vitamin C help to lower serum cholesterol levels. Specifically low-density lipoprotein (the bad stuff). Clears the skin. Can be used both internally and externally for the skin. Mango helps clear clogged pores and eliminate pimples.

COLD PRESSED JUICES (4 ounces) 12

This juice is in a league of its own by extracting the maximum amount of liquid from fresh fruits and vegetables. No additional heat or oxygen is used in the processing, meaning that no nutrients are lost in the heat of traditional pasteurization.

"NOURISHING"

Ingredients: Carrot, apples, lemon, turmeric and ginger

Health benefits: high in vitamin A and Quercetin which is essential for good health. Excellent source of alpha and beta carotenes, which are linked to cancer prevention

"HYDRATING"

Ingredients: Watermelon, strawberries and mint

Health benefits: Watermelons are made of mostly water and important nutrients that are essential for the human body. Significant levels of vitamins A, B6 and C, lots of lycopene antioxidants and amino acids.

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