### ALLDAYBREAKFAST

CROISSANT 1.20 / WITH CHOCOLATE 1.50 / SAVOURY 2.80

Ham, cheese, tomatoes, onions / WITH SALMON 4.30 Cream cheese, cucumber, salad

OATMEAL 3.50 With banana and seed mix

ALMOND OATMEAL 4.20

Almond milk, almond, strawberries, blueberries

COCONUT OATMEAL 4.20
Coconut milk, coconut.

strawberries, blueberries

GRANOLA(Homemade) 5.49 with geek yogurt & fresh berries

#### SMOOTHIE BOWLS 6.00

/RED -Heathberries, banana, maple syrup, greek yogurt, pumpkin seeds, granola, chia seeds, strawberries, almond

/GREEN -Tropical berries, banana, peanut butter, spinach, maple syrup, GAO berries, blueberries, cashew nuts, coconut.

/CHOCOLATE -Tropical fruits, banana, peanut butter, cacao, oat,date. GAO, coconut, strawberries, chia

#### FRIED EGGS

SERVED WITH TOAST AND SIDE SALAD
/ TWO FRIED EGGS 4.30
/ WITH BACON 5.00
/WITH SALMON 5.20(scrambled)
ENGLISH BREAKFAST 8.00

Egg, Sausage, bacon, beans, tomato, toast, hash brown

#### EGGS BENEDICT

/ WITH SALMON 7.00
/ WITH BACON 7.00
/ WITH PULLED PORK 7.00
/ WITH AVOCADO 7.00
/ WITH GOAT CHEESE 7.00
On traditional home made
black bread or potato pancake
+0.50cents

## BAGELS

SERVED WITH SIDE SALAD

PESTO 3.80

Pesto, cream cheese, Sun dried tomatoes.

CREAM CHEESE & BACON 4.40

BLT 4.50

Bacon, lettuce, tomatoes.

BREAKFAST BAGEL 4.90 Bacon, fried egg, rocket salad.

SALMON 5.50

Cream cheese, smoked salmon, onions, rocket salad.

BRIE CHEESE 5.40

Brie cheese, bacon, avocado, rocket salad.

BRIE CHEESE WITH OMELETTE 6.20

Brie cheese, bacon, rocket salad, omelette from two eggs

#### OMELETTES

MADE FROM TWO EGGS, SERVED WITH TOAST AND SIDE SALAD

VEGETARIAN 5.00

Mozzarella, tomatoes, chives.

SAVOURY 5.50

Cheese, ham, tomatoes, onion.

ITALIAN 5.30

Pesto, mozzarella, tomatoes, onions.

GREEK 5.40

Feta, spinach, sun dried tomatoes, onions, olives.

## POLAR BREAD SANDWICHES

SERVED WITH SIDE SALAD

VEGETARIAN 5.50

Homemade hummus, carrots, cucumber, onion, sun dried tomatoes.

MEDITERRANEAN 5.50

Pesto, mozzarella, olives, sun dried tomatoes, chicken

BBQ 5.50

Chicken, bacon, cheese, red onion, BBO sauce

### SALADS

GARDEN 4.80

Mixed leaves, tomatoes, cucumber, red onion, orange, carrot, mixed seeds.

ATHENS 5.20

Mixed leaves, feta cheese, red onion, cucumber, walnuts, sun dried tomatoes, olives.

VINTAGE 6.00

Mixed leaves, cucumber, avocado, beetroot, fried egg, chicken, bacon.

CREAMY GOAT CHEESE 6.50

Salad, rocket salad, beatroot leaves, cherry tomato, cucumber, red onions, mini paprika, sunflower sprouts, vegetables/ herbs sauce.

BURRATA CHEESE SALAD 6.80

Burrata cheese, lamb's lettuce, cherry tomato salsa, fresh basil, strawberries, olive oil, balsamico sauce, salt, pepper, pistachios

(with salad we recommend extra polar bread toast 0.50e)



## AVOCADO TOASTS

/with goat cheese and two poached eags 8.00e /with smoked salmon and scrambled egg 8.00e /with beetroot hummus and two poached eggs 8.00e (we recommend extra Goat cheese 1.50e)

/with mushrooms, chrispy bacon

and chopped coriander 8.00e

/with chorizo sausage and two poached eggs. 8.00e /with cherry tomato salsa. chopped mint leaves and pistachios granules 8.00e /with halloumi cheese, pumpkinmanao chutney, pumpkin seeds, and blueberries 8.50e /with bacon, two fried eggs. tomato and horseradish chtuney and herbs 8.50e

## **EXTRAS**

Eqq 1.00 Bacon 1.50 Salmon 2.00 Avocado 1.50 Salad 1.50 Toast 0.50

## BRIOCHE SANDWICHES

BREAKFAST 5.49

Bacon, fried egg, cheddar cheese, caramelized onions, and secret spicu sauce

#### SALMON 7.00

Salmon, avocado, scrambled egg, cheddar cheese, caramelized onions and secret spicu sauce

#### PULLED PORK 7.10

Pulled pork, fried egg, cheddar cheese, tomato, rocket salad. caramelized onions, bba, and secret spicy sauce

#### VEGETERIAN 6.90

Beetroot hummus, tomato, mixed salad, avocado, halloumi cheese, mango/pumpkin chutney

### FOR KIDS

COTTAGE CHEESE PANCKACE 6.00

with Greek yogurt & strawberry iam.

#### PANCKACE

With ricotta, caramelized apple, cinnamon and maple syrup 5.50

### BELGIAN WAFFEL 4.00 Fresh berries or banana, maple

surup, icu sugar

# KIDS SCRAMBLED EGG 3.00

From two eggs, toast, ketchup KIDS OMELETTE 3.00

From two eags, mozzarella cheese, toast, ketchup

KIDS SANDWITCH 2.50 Mozzarella cheese, ham, ketchup

# FRESHLY SOUEEZED JUICES

300ml - 3.40 ORANGE

ABC (carrot, ginger, orange) ORANGE-GRAPEFRUIT

ALOHA (pineapple, apple, orange)

SUPER GREEN (spinach, celery, apple)

VITAMIN C (carrot, orange, lemon)



## TORTILLA

#### BREAKFAST 6.00

Cheese, red onion, chilli flakes, chorizo sausage, bacon, beans in tomato sauce

#### SWEET CHILLI 6.00

Chicken, cheese, pineapple, sweet chilli sauce, red onion.