

ALL DAY BREAKFAST

CHIA COCONUT BLISS WITH FRUITS (D) (V) (N) \$20
Coconut chia pudding, mixed berries, shaved 70% chocolate


BERRY YOGHURT BOWL (V) (N) (D) \$20
Homemade granola, fresh berries

 **SCRAMBLED EGGS ON DARK RYE TOAST (G) (E) (D) \$25**
Free-range eggs, hydroponic salad, potato rosti

 **FREE RANGE FRIED EGGS (E) (G) \$25**
Hydroponic salad, potato rosti, dark rye toast

 **SMOKED SALMON BAGEL (D) (E) (F) (G) \$30**
Cream cheese, pickled onion, fried capers, dill, sesame bagel

SUPER MAINS

 **KETO BOWL (P) (E) (D) (N) \$35**
Roasted broccoli, sautéed mushrooms, crispy pork bacon, soft-boiled egg, cherry tomatoes, baked pumpkin, avocado, tahini maple dressing

 **MALDIVIAN SPICED CHICKEN BURRITO BOWL (C) \$35**
Roasted quinoa, heirloom tomatoes, hydroponic lettuce, raita, avocado, coriander, Maldivian red chillis, moringa leaves

 **GRILLED TERIYAKI TOFU SOBA BOWL (V) (E) (N) (SB) \$35**
Soft-boiled egg, soba noodles roasted seasonal vegetables, sesame seeds, shredded seaweed, beancurd skin, shoyu dressing

PROBIOTIC BOWL (D) (N) (S) (V) \$25
Steamed quinoa, chickpeas, broccoli, kimchi, buttermilk dressing

 **VEGAN BOWL (F) (SB) (V) \$30**
Charred cucumber, avocado, sesame ponzu, furikake

TARTINES


served with potato rosti, hydroponic mixed green salad

 **AVOCADO MULTIGRAIN TOAST (E) (G) (C) \$25**
Multigrain bread, cilantro, fresh chilies, poached egg

 **BEETROOT CURED SALMON TOAST (S) (G) (D) \$30**
Sour dough, cream cheese, pickled onion, fried capers

 **HEIRLOOM TOMATO MOZZARELLA (D) (V) (N) \$25**
Toasted dark rye, homegrown fresh basil, balsamic reduction, pesto

 **PEARS AND WALNUT TOAST (A) (G) (N) (V) \$25**
Sour dough, goat cheese, walnut truffle honey

 **WAVES CHICKEN WRAP (C) (D) (G) \$25**
Wheat tortilla, green apple, garlic aioli, tomato olive salsa

Add to your meal:
• Grilled Chicken \$5
• Grilled Prawns \$10

COFFEE SHOP CAKES \$15

CHOCOLATE BROWNIE SQUARES (G) (N) (D)

BLACK FOREST CAKE (G) (D)

SACHER TORTE (E) (D) (G) (N)

GUGELHOLF (G) (D)

LEMON TART (E) (D) (G) (N)

MEDOVİK (E) (D) (G) (N)

RASPBERRY ÉCLAIR (E) (D) (G) (N)

SEASONAL FRESH FRUIT, LEMON SORBET (V) \$20

ON THE COUNTER & UNDER THE CLOCHE \$15

BEVERAGES

ENERGIZING BOOSTERS \$12

TANGY SPICE

Orange, apple, beetroot, ginger
A blended juice with a hint of spice. This powerful juice is full of antioxidants, vitamins, and fibre. Ginger plays an important role in digestive and circulatory benefits

 **TROPICAL MINT BREEZE**

Lemon, mint, cucumber, watermelon
Refresh and cool down with this great tropical mix. Perfect after a workout, the drink boosts your immune system, provides a burst of energy and a radiant look

 **GREEN BOOSTER**

Coriander, cucumber, pear
A light and refreshing juice, full of nutrients and high amounts of magnesium and soluble fibre to promote healthy bone growth and density for all ages

THAI BOOSTER

Mango, lemongrass, fresh lime juice
This healthy drink is packed with micro-nutrients that helps boost your immune system, strengthen your heart, and increase your energy levels

 **GREEN DETOX**

Celery, cucumber, ginger, kale, fresh lemon juice, parsley, spinach
This delightful green concoction is packed with vitamins and enzymes. The perfect mix for a healthy digestive process, natural healing, detoxifying the body and a delicious start to your island adventure

ENERGIZER

Carrot, ginger, apple, fresh lemon juice, honey
An energising drink full of multivitamins, beta-carotenes and antioxidants to cleanse the digestive system, boost the immune system, and is a wonderful companion for an active lifestyle

 **SUMMER FRESH**

Ginger, mint, honey, fresh lemon juice, ginger ale
This sparkling and refreshing drink is a treasure full of nutrients. Promoting radiant skin, strong immunity, maintain healthy weight and blood pressure. Refresh the mind and soul with this summer treat

waves



Contains ingredients from The Greenhouse

C - chili, A - alcohol, P - pork, N - nuts or seeds, V - vegetarian, D - dairy, G - gluten, S - seafood, SB - soy beans, F - fish
Please let us know if you have any allergies, special dietary needs or restrictions.

All prices are in US dollars and subject to 10% service charge and applicable taxes.
Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.
Menu items and prices are subject to change without prior notice.

IMMUNITY ELIXIR \$6

ORANGE GINGER

Orange juice, ginger, lemongrass, turmeric, honey

PINEAPPLE GINGER

Pineapple juice, ginger, honey, cayenne pepper

GINGER TEA

Earl grey tea, ginger, cinnamon, turmeric, fresh lemon juice, freshly cracked black pepper, sea salt, honey

TURMERIC GINGER

Turmeric, ginger, fresh lemon juice, carrot, freshly cracked black pepper, maple syrup

CITRUS MATCHA

Matcha tea, orange juice, orange zest, honey

SMOOTHIES \$12

STRAWBERRY BLUSH

Strawberry, banana, yogurt, almond milk

BANANA DATE

Banana, dates, almond milk, yogurt, honey

BEET POWER

Beetroot, strawberry, banana, milk, yogurt, honey

CREAMY MANGO

Mango, milk, peanut butter, vanilla syrup, yogurt



TROPICAL GREEN

Pineapple, spinach, mint, almond milk, yogurt, honey

FRESH JUICES \$10

Orange

Coconut

Watermelon

Pineapple

Carrot

Mango

Apple

COLD BREW

Cold brew coffee \$8

Cold brew tea of the day \$9

COFFEE

Espresso \$5

Doppio \$7

Americano \$7

Espresso macchiato \$7

Cappuccino \$7

Latte \$7

Flat white \$7

Latte macchiato \$7

Mocaccino \$7

Matcha latte \$8

TEA

Brilliant breakfast tea \$7

The original Earl Grey \$7

Pure chamomile flowers \$7

Green tea with jasmine flowers \$7

Sencha green extra special \$7

Ginger honey tea \$8

Lemongrass tea \$8

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