

Caribbean Coolers

350ml and 500ml

icy fruit beverages with natural hydration and essential electrolytes

Pinacolada-pineapple and icy coconut water

Orange Breeze-orange and icy coconut water

Mango Mojo-mango and icy coconut water

Freshly Squeezed

350ml and 500ml

Orange
Apple

100% Blends

350ml and 500ml

Mango

Pineapple

Granadilla

Daily Brew

Tropical Teaz-peach, apple & berry iced tea's

Hot Brews-green, 5 roses, earl grey, chai & rooibos tea's

Steamy Whirls -Americano, espresso
hot chocolate, cappuccino

H₂O to Go- still mineral water



Mango

Tropical Café

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Breakfasts

Fabulous Fruit - seasonal fruit topped with vanilla honey yoghurt
Add Muesli

Muesli Bowl - toasted muesli with honey yoghurt

Banana Maple Porridge - cooked oats porridge, fruit & seasonal berries drizzled with honey

Breakfast Wrap - scrambled eggs, avo, cheddar cheese, salsa & sweet chilli sauce
Add slices of grilled bacon

Scrambled Eggs - with low GI toast
Add slices of grilled bacon

Just Toast - 2 slices low GI toast with cheese, hummus or peanut butter
Add sliced tomato



Sandwiches, Wraps & Rolls

Tortilla Wraps, Low GI Whole-wheat Bread & Rolls

Jamaican Jerk - blackened chicken strips, mesclan salad, onion, mango, avo & honey mustard dressing

King Caesar - grilled chicken, bacon, mesclan salad, croutons onion, pecorino shavings & Caesar dressing

Pacific Princess - tuna, green beans, tomato, olives, egg, mesclan salad, red onion & vinaigrette dressing

Grecian Goddess - hummus, feta, red pepper, mesclan salad, tomato, onion, cucumber & tzatziki

Bondi Babe - cheddar, avo, mesclan, tomato, carrot, onion, cucumber, seed mix & creamy yoghurt herb dressing

Thaihihi - grilled chicken, mesclan, carrots, cashews red pepper, onion, coriander & thai chilli dressing

Salads

All of the above Available as Salads

Add a base of couscous or brown basmati rice

Smoothies

350ml and 500ml

Breakfast Bomb - banana, honey, muesli, yoghurt & low fat milk

Bahama Mama - banana, coconut, cashew nuts, honey with yoghurt & low fat milk

350ml and 500ml

Mango Mania - mango, orange, banana, & vanilla yoghurt

Hula Lala - pineapple, coconut, banana, & vanilla yoghurt

Pacific Passion - granadilla, pineapple, banana & vanilla yoghurt

Berrylicious - seasonal berries, banana, yoghurt & low fat milk

350ml and 500ml

Peanut Butter Bliss - peanut butter, chocolate, banana, yoghurt, & low fat milk

Mocha Magic - coffee, chocolate, banana, yoghurt & low fat milk

