

beverage menu

fresh & healthy juices • 10

pure orange - 100% orange
passionfruit halo - orange, watermelon, pineapple, passionfruit
green smoothie - English spinach, pumpkin seeds, supergreens, flax seeds, mango, apple
beetroot beta-c - apple, carrot, beetroot, lemon, ginger
tumeric nourish - orange, carrot, turmeric, lemon, ginger, black pepper

tea & coffee selection • 5

extras • 1

soy, almond, oat, lactose free
extra shot

flat white

latte

macchiato - long or short

espresso - single or double

long black

mocha

hot chocolate

chai latte

English breakfast tea

early grey

camomile

lemon & ginger

peppermint

green tea

darjeeling

soft drinks • 5

coke

pepsi max

lemonade

dry ginger ale

solo

altr still & sparkling water • 11

sunrise specials

sparkling rose • 14

howard park jete brut ~ Margaret River, Western Australia

mimosa • 14

heretat de lacrimae baccus brut & orange juice

bloody mary • 22

vodka, tomato juice, lemon juice, black pepper, Worcestershire sauce, olive brine, celery, salt

lyres bloody mary • 16

lyres agave blanco, tomato juice, black pepper, Worcestershire sauce, olive brine, celery, salt

à la carte breakfast

fruit & nut granola (veg) - 16

coconut yoghurt, honey, berry compote, banana, kiwi

fresh seasonal sliced fruit and berries (veg) - 16

fresh lime

pancakes (v) - 21

berry compote, fresh berries, maple syrup, dollop cream

avocado on sourdough (v) - 21

feta, herbs, chilli jam, lemon

two free-range eggs (v) - 15

fried, poached or scrambled eggs served on buttered sourdough toast

InterContinental breakfast (p) - 29

eggs cooked to your liking, smoked bacon, sausage, mushroom, tomato, hashbrown, sourdough toast

eggs benedict (p) - 22

two soft poached eggs, toasted English muffin, ham, hollandaise sauce

eggs florentine (v) - 21

two soft poached eggs, toasted English muffin, baby spinach, hollandaise sauce

eggs royale (s) - 25

two soft poached eggs, toasted English muffin, smoked salmon, hollandaise sauce

extras - 6

- bacon
- hash brown
- half avocado
- mushrooms
- tomatoes
- egg

Flexible Dining

Part of our flexible dining range dishes available at any time

nourish bowl (v, gf)* - 20

Chargrilled Broccolini, chili, roast garlic, dukkha roast cauliflower, roast cherry tomatoes, pepitas with lemon mint and coriander yoghurt, vegan option available

Choose chickpeas or quinoa

Add salmon (S) 14

Add chicken 6

anytime plate - shakshuka (v, gfo)* - 20

Baked egg in a cumin spiced tomato sauce with chickpeas, eggplant, Greek yoghurt and fresh coriander, served with grilled Turkish Bread. Vegan option available

Choose chickpeas or quinoa

Add avocado 6

Add chorizo (P) 6