

PRANA

RESTAURANT

Breakfast Menu

Available from 7.00am until 10.30am

Sides

Deep fried hash browns or homemade hash browns
Crispy bacon, chicken sausage
Saute mushrooms on toast (1 slice wholemeal or white)
Baked beans on toast (1 slice wholemeal or white)
Basket of assorted pastries (white bread, brown bread, Danish and croissant)
Bircher muesli
Wholegrain toast, topped with slices of avocado, coriander and black pepper
Two Eggs any style with toast (2 slices wholemeal or white)
Omelette (2 eggs and your choice of ham, tomato, mushroom and cheese or plain)
Cornflakes, Coco Pops, Just Right, or Sultana bran
Bubur ayam
Nasi Goreng
Mei Goreng
Tropical fruit crepes
French toast
Ricotta hot cakes (served with banana and maple syrup)
3 fluffy pancakes (served with banana, whipped cream and maple syrup)
Japanese bento breakfast

Tea and Coffee

Coffee's

Cappuccino - *a single shot of espresso with frothed milk*
Flat white - *a single shot of espresso with steamed milk*
Latte - *a single shot of espresso with steamed milk*
Espresso - *a single shot of coffee*
Vienna - *a long black with dollop of cream*
Piccolo - *miniature coffee ie: cappuccino, latte*
Iced coffee - *espresso coffee blended with milk and cream*
Macchiato - *a single shot of espresso stained with milk*
Long black - *a double shot of espresso floated over hot water*

Tea's

<i>English breakfast</i>	<i>Earl grey</i>	<i>Green</i>	<i>Lady grey</i>
<i>Orange Pekoe</i>	<i>Peppermint</i>	<i>Chamomile</i>	<i>Oolong</i>
<i>Lemongrass</i>	<i>Rosella</i>		

Fresh Juices

- Choice of freshly blended
- Watermelon, papaya, pineapple, apple, banana, mango, melon or avocado
- Mixed juice a combination of papaya, banana and pineapple
- Freshly squeezed Bedugul strawberry
- Freshly squeezed orange juice

All prices are subject to 21% government tax and service charges

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Available from 7.00am until 10.30am

Continental

Your choice of fresh juice - orange, watermelon, pineapple or mixed
Tropical fresh sliced fruit
Your choice of cereal (Kelloggs) Corn Flakes, Sultana Bran, Just Right or Coco Pops
Basket of assorted pastries/breads
Fresh blended coffee or tea

American

Your choice of fresh juice - orange, watermelon, pineapple or mixed
Tropical fresh sliced fruit
2 fresh farm eggs prepared any style, baked beans, freshly made hash browns, streaky bacon and grilled tomato.
Basket of assorted pastries/breads
Fresh blended coffee or tea

Indonesian

Your choice of fresh juice - orange, watermelon, pineapple or mixed
Tropical fresh sliced fruit
Your choice of an Indonesian favourite - Nasi Goreng, Mie Goreng or Bubur Ayam
Fresh blended coffee or tea

Prana Healthy Breakfast

Your choice of fresh juice - orange, watermelon, pineapple or mixed
Tropical fresh sliced fruit
House made Bircher muesli accompanied by a slice of wholegrain bread, lightly toasted and topped with slices of avocado, coriander, lime and black pepper.
Fresh blended coffee or tea

For the little ones

Your choice of fresh juice - orange, watermelon, pineapple or mixed
Fruit Kebab
Your choice of cereal (Kelloggs) Corn Flakes, Sultana Bran, Just Right, All-Bran or Coco Pops
Boiled egg with soldiers (fingers of toast) or a poached egg on toast with a hash brown

Pancakes

Your choice of fresh juice - orange, watermelon, pineapple or mixed
Tropical fresh sliced fruit
A stack of 3 fluffy pancakes served with maple syrup, fresh whipped cream and topped with your choice of banana, strawberries or mango.
Fresh blended coffee or tea

Eggs Benedict

Your choice of fresh juice - orange, watermelon, pineapple or mixed
Tropical fresh sliced fruit
Two English muffins topped with grilled ham, poached fresh farm eggs and hollandaise sauce
Fresh blended coffee or tea