

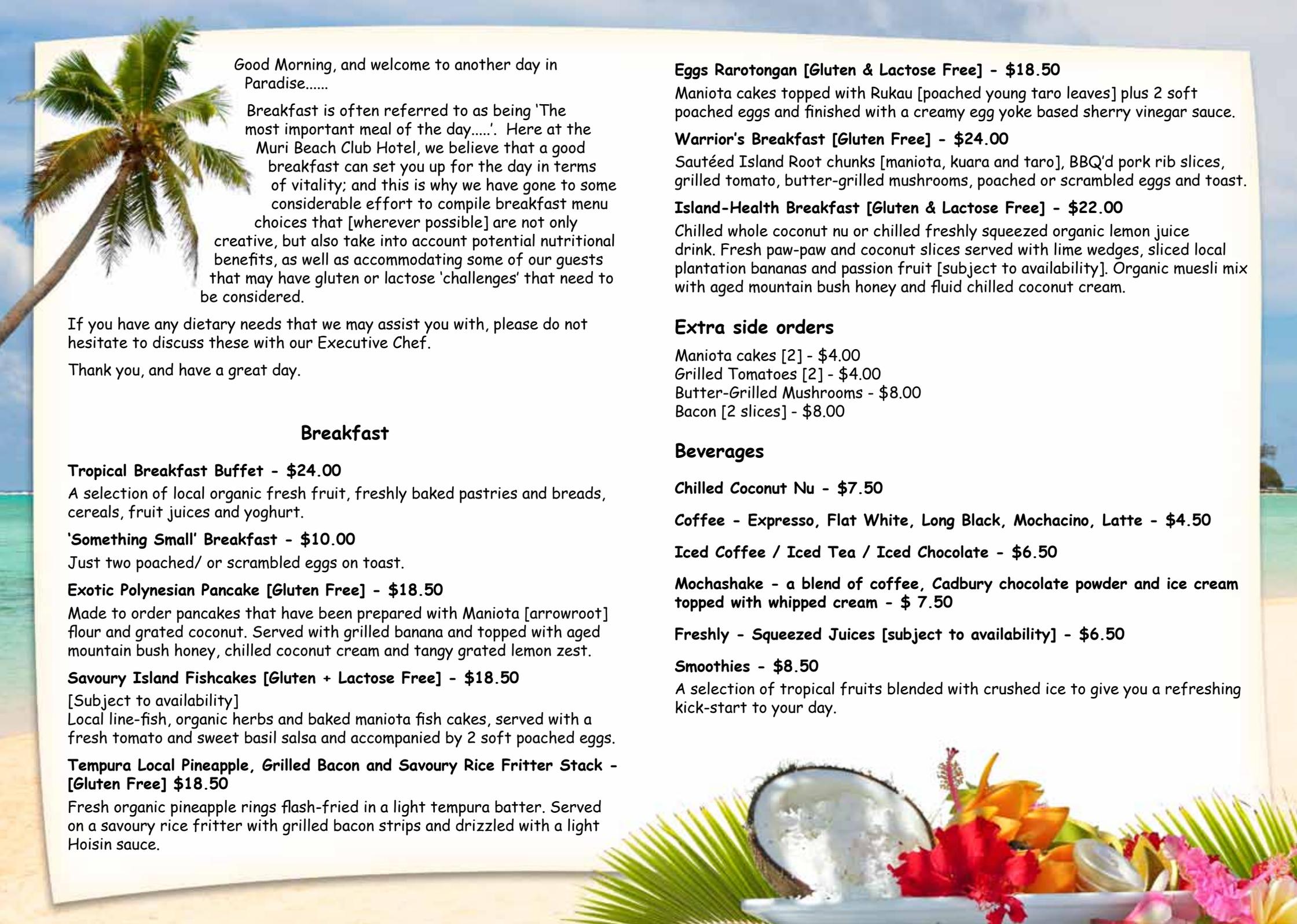


Silver Sands
Restaurant & Bar

Pacific Breakfast Menu
'A Taste of Polynesia.....'



MURI BEACH CLUB HOTEL



Good Morning, and welcome to another day in Paradise.....

Breakfast is often referred to as being 'The most important meal of the day.....'. Here at the Muri Beach Club Hotel, we believe that a good breakfast can set you up for the day in terms of vitality; and this is why we have gone to some considerable effort to compile breakfast menu choices that [wherever possible] are not only creative, but also take into account potential nutritional benefits, as well as accommodating some of our guests that may have gluten or lactose 'challenges' that need to be considered.

If you have any dietary needs that we may assist you with, please do not hesitate to discuss these with our Executive Chef.

Thank you, and have a great day.

Breakfast

Tropical Breakfast Buffet - \$24.00

A selection of local organic fresh fruit, freshly baked pastries and breads, cereals, fruit juices and yoghurt.

'Something Small' Breakfast - \$10.00

Just two poached/ or scrambled eggs on toast.

Exotic Polynesian Pancake [Gluten Free] - \$18.50

Made to order pancakes that have been prepared with Maniota [arrowroot] flour and grated coconut. Served with grilled banana and topped with aged mountain bush honey, chilled coconut cream and tangy grated lemon zest.

Savoury Island Fishcakes [Gluten + Lactose Free] - \$18.50

[Subject to availability]

Local line-fish, organic herbs and baked maniota fish cakes, served with a fresh tomato and sweet basil salsa and accompanied by 2 soft poached eggs.

Tempura Local Pineapple, Grilled Bacon and Savoury Rice Fritter Stack - [Gluten Free] \$18.50

Fresh organic pineapple rings flash-fried in a light tempura batter. Served on a savoury rice fritter with grilled bacon strips and drizzled with a light Hoisin sauce.

Eggs Rarotongan [Gluten & Lactose Free] - \$18.50

Maniota cakes topped with Rukau [poached young taro leaves] plus 2 soft poached eggs and finished with a creamy egg yoke based sherry vinegar sauce.

Warrior's Breakfast [Gluten Free] - \$24.00

Sautéed Island Root chunks [maniota, kuara and taro], BBQ'd pork rib slices, grilled tomato, butter-grilled mushrooms, poached or scrambled eggs and toast.

Island-Health Breakfast [Gluten & Lactose Free] - \$22.00

Chilled whole coconut nu or chilled freshly squeezed organic lemon juice drink. Fresh paw-paw and coconut slices served with lime wedges, sliced local plantation bananas and passion fruit [subject to availability]. Organic muesli mix with aged mountain bush honey and fluid chilled coconut cream.

Extra side orders

Maniota cakes [2] - \$4.00

Grilled Tomatoes [2] - \$4.00

Butter-Grilled Mushrooms - \$8.00

Bacon [2 slices] - \$8.00

Beverages

Chilled Coconut Nu - \$7.50

Coffee - Espresso, Flat White, Long Black, Mochacino, Latte - \$4.50

Iced Coffee / Iced Tea / Iced Chocolate - \$6.50

Mochashake - a blend of coffee, Cadbury chocolate powder and ice cream topped with whipped cream - \$ 7.50

Freshly - Squeezed Juices [subject to availability] - \$6.50

Smoothies - \$8.50

A selection of tropical fruits blended with crushed ice to give you a refreshing kick-start to your day.

