



breakfast

HOT BEVERAGES

coffee

regular; decaffeinated

assorted teas

english breakfast; darjeeling; orange pekoe; chamomile; peppermint; green

COLD BEVERAGES

juice

orange; grapefruit; apple; pineapple; tomato

milk

full cream; skim; soy; rice

CEREALS

breakfast cereal

cornflakes; rice crispies; weetabix; raisin bran; bran flakes

hot and creamy oatmeal

DAIRY

yoghurt

plain; strawberry; peach; vanilla; honey; forest berry

cheese

ricotta; cottage; cream cheese; sliced cheese

BAKERY

white toast

whole wheat toast

bread roll

warm croissant

danish pastry

muffin

raisin bread

SPREADS

jam

orange marmalade; strawberry; raspberry; apricot

other

honey; vegemite; butter; low cholesterol margarine

HEALTHY CORNER

sliced fresh fruit

fresh fruit salad

whole fruit

stewed prunes

dried nuts and seeds

fruit compote

pear; peach; pineapple; apricot

dried fruits

peach; raisin; apple; apricot

COLD CUTS

hungarian salami

cured leg ham

smoked turkey breast

mortadella

peppered chicken breast

EGGS

eggs

scrambled; fried; poached

served on english muffin

with spinach; smoked salmon; cured ham

omelette

plain; ham; cheese; mushroom

MEAT

bacon

breakfast sausages

ham steak

VEGETABLES

grilled tomato

baked beans

mushrooms

hash brown potatoes

onion fried potatoes

DAILY SPECIALS

monday

the outback cowboy grilled minute steak, two ranch-style fried eggs, sautéed mushrooms and crispy hash brown potatoes

melon cocktail fresh cantaloupe, honeydew and watermelon pieces, drizzled with tangy lime juice

tuesday

eggs benedict two poached eggs and bacon on toasted english muffin, topped with hollandaise sauce

the ritz's compote fresh citrus segments in fresh juices, served with toasted almonds

wednesday

mushroom frittata an open-faced omelette with sliced mushrooms, provolone cheese, grilled italian sausages and polenta

south pacific sunrise fresh pineapple boat filled with tropical fruit salad with honey yoghurt dressing

thursday

southern bell grilled smoked country ham with two fried eggs, kidney beans and gravy

macadamia nut pancakes whipped cream and maple syrup

friday

eggs florentine two poached eggs on a bed of spinach leaves, topped with swiss cheese sauce

fresh fruit plate selection of seasonal fruits with lemon ricotta cheese

saturday

mexican omelette filled with spicy ground beef, green chilli peppers and cheddar cheese, served with chunky salsa and refried beans

north eastern breakfast treat energizing cereal of rolled oats, apple juice, yoghurt, vanilla flavoured toasted almonds, raisins and bananas

sunday

traditional english two fried eggs, baked beans, sausages, bacon, grilled tomatoes and mushrooms

french toast crumbled with cornflakes giving every bite a crispy crunch