

ZEST ... BREAKFAST A'LA CARTE MENU

06am to 11am

effective April 01st, 2015

CLASSICS

- | | |
|---|----|
| The All American Breakfast | 56 |
| <ul style="list-style-type: none">• Fresh Juice
orange, carrot, honeydew, pineapple, star-fruit or green guava
<u>or</u> Fresh Fruit
grapefruit, papaya, watermelon, honeydew or pineapple• Fruit Yoghurt <u>or</u> Cereal with Fresh Milk• Two Farm Fresh Eggs, Hash Browns
& a choice of beef rashers, turkey slices or chicken sausages• Bakery Basket
croissants, danish pastries, muffins, bread rolls or toast• Coffee or Tea | |
| The Malaysian Breakfast | 51 |
| <ul style="list-style-type: none">• Fresh Juice
orange, mango, honeydew, pineapple, star-fruit or green guava
<u>or</u> Fresh Fruit
papaya, watermelon, banana, honeydew or pineapple• Nasi Lemak with chicken rendang & prawn sambal
<u>or</u> Fried Egg Noodles / Rice Vermicelli with chicken & prawns• Coffee, Tea, Milo or Teh Tarik | |
| The Healthy Start Breakfast | 46 |
| <ul style="list-style-type: none">• Fresh Juice
orange, carrot, honeydew, pineapple, star-fruit or green guava
<u>or</u> Fresh Fruit
grapefruit, papaya, watermelon, honeydew or pineapple• Low Fat Fruit Yoghurt• Mixed Salad selection with Herb Olive Oil Drizzle• Bakery Basket
banana bread, carrot cake or whole wheat rolls• Decaffeinated Coffee or Peppermint Tea | |

The Continental Breakfast	43
<ul style="list-style-type: none"> • Fresh Juice orange, carrot, honeydew, pineapple, star-fruit or green guava <u>or</u> Fresh Fruit grapefruit, papaya, watermelon, honeydew or pineapple • Fruit Yoghurt <u>or</u> Cereal with Fresh Milk • Bakery Basket croissants, danish pastries, muffins, bread rolls or toast • Coffee or Tea 	

EGGS & OMELETTES

Wild Mushrooms & Cheese Omelette	34
Asparagus, Cottage Cheese & Basil Omelette	34
Create Your Own 3-Egg Omelette bell pepper, beef rashers, cheese, chicken slices, turkey slices, mushrooms, onions, tomatoes	34
Two Fresh Farm Eggs with hash browns & a choice of beef rashers, turkey slice or chicken sausages	34

"FIT" FOR YOU ... food to fit your lifestyle

Breakfast Mixed Grill (<i>low carbohydrate, high protein</i>) sirloin steak, smoked beef rashers, chicken sausage, eggs	670 calories	60
Grilled Chicken Benedict (<i>high protein</i>) supreme of chicken, hollandaise sauce, tomatoes, asparagus spears	388 calories	46
Egg White Frittata (<i>low cholesterol</i>) open faced omelette of spinach, mushrooms, tomatoes, olive oil	346 calories	34
Oatmeal Porridge with Milk brown sugar, honey	280 calories	25
Cereal & Fresh Milk corn flakes, coco crunch, honey stars, muesli	436 calories	21
Tropical Fresh Fruit Platter (<i>low fat</i>) honeydew, watermelon, banana, papaya, pineapple & other seasonal fruit. available mixed or as individual fruit portions	273 calories	20

All prices are quoted in Ringgit Malaysia inclusive of 6% GST

LOCAL DELIGHTS

Fried Noodles	39
egg noodles or rice vermicelli stir-fried with chicken, prawns & vegetables	
Nasi Lemak	39
chicken rendang, prawn sambal, boiled egg, peanuts, anchovies	
Chicken or Fish Congee	39
shredded ginger, spring onions, dough fritters	
Stir-fried Vegetarian Noodles	37
rice vermicelli, assorted vegetables, spices	

SIGNATURES

Breakfast Steak	62
fried egg, sauteed mushrooms, hash browns, grilled tomato	
Smoked Salmon Hash	46
poached farm eggs, hollandaise , smoked salmon	
Cheese Plate	39
selected cheese, crackers	
Chef's Special	35
chicken & cheese toast, raisin tomato relish	
Blueberry Pancake	25
maple syrup, cream	
Golden Brown Waffle	25
honey, butter	

BAKERY

Baker's Basket	25
croissants, danish pastries, muffins, bread rolls, wholemeal or plain toast butter, margarine & fruit preserves	
Crunchy French Toast	25

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wholewheat bread, egg white, sliced bananas

SIDES

Grilled Beef Rashers	17
Grilled Chicken Sausages	17
Grilled Turkey Slices	17
Plain / Fruit Yoghurt	17
Hash Brown Potatoes	12

KIDS'S CORNER

Sunrise Children's Breakfast	38
• Fresh Juice orange, carrot, honeydew, pineapple	
• Cereal with Fresh Milk corn flakes, coco crunch, honey stars, muesli	
• Scrambled Eggs & Chicken Sausages	
• Hot Chocolate	
Wake Me Up Breakfast Grill	32
smoked beef rashers, chicken sausage, egg omelette, hash browns	

BEVERAGES

cappuccino, latte, mocha	22
coffee, espresso	19
decaffeinated coffee	19
hot chocolate, milo	19
nescafe tarik	19
tea	19
english breakfast, earl grey, darjeeling, jasmine green camomile, peppermint, lemon mint, peach	
teh tarik	19
fresh fruit & vegetable juice	
orange, mango	22
apple, carrot, honeydew, celery	21
watermelon, star-fruit, pineapple	20

note: please alert your waiter/waitress if you have any **food allergies or intolerances** & our chefs will do our best to accommodate your needs

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