



THE SHORE CLUB

LONG BAY BEACH

WELCOME TO ALMOND TREE BREAKFAST

À LA CARTE SELECTIONS

SERVED DAILY 7AM – 10:30AM

POWER BOWLS AND HEALTHY CORNER

Curried mung bean with Sri Lankan fresh coconut sambol
Coconut barley porridge with fresh plum jam and banana
Power toast with crunchy toast, poached egg, tomato, and crushed avocado
Homemade granola with your choice of milk or yogurt
Energizing oats, plain or with nuts and honey

RESORT FAVORITES

TCI Eggs Benedict

Toasted English muffin with Jerk hollandaise

Huevos Rancheros

Tortilla with refried beans, ranchero sauce and fried eggs

Smoked Salmon Platter

Served with lemon, capers and Bermuda red onion

JUICE AND SMOOTHIE BAR

Please ask your waiter for our daily selection of fresh juices and smoothies.

Sodas

Bottled Water

Mimosa

Orange Juice, Prosecco

Bloody Mary

Vodka, Lime Juice, Marry Mix, Tabasco

Breakfast Martini

Vodka, Orange Marmalade, Orange Liqueur, Lime Juice

FROM THE COFFEE BAR

Vanilla Frappuccino

Long Black Coffee

Mocha White

Chocolate Mocha

Matcha Green Tea

Lavazza Espresso

Lavazza Double Espresso

Cappuccino

Cafe Latte

Kindly notify one of our service team if you have any allergy intolerance or food intolerance.

15% service charge & 12% government tax will be added to your final check.



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BODY & SOUL REFRESHMENTS

ORGANIC KOMBUCHA DRINKS (4 ounces) | 16

Subject to market availability

Start your day with Kombucha!

It's a great low caffeine alternative to coffee or tea, so you can enjoy a little boost without the dreaded crash! It has also been suggested that consuming kombucha on an empty stomach may also help to balance your gut bacteria to aid digestion throughout the day (we do not recommend for pregnant women)

Mango & Passion Fruit

Ingredients: green tea, mango, passionfruit, cane juice

Health benefits: lowers cholesterol. The high levels of fiber, pectin and vitamin C help to lower serum cholesterol levels. Specifically low-density lipoprotein (the bad stuff). Clears the skin. Can be used both internally and externally for the skin. Mango helps clear clogged pores and eliminate pimples.

Hibiscus & Ginger

Ingredients: Green tea, Hibiscus, Ginger

Health benefits: Antioxidant rich, combats inflammation & boosts immunity, helps reduce cholesterol, provides cellular repair.

Pineapple, Turmeric, Lemon

Ingredients: Green Tea, Pineapple, Turmeric, Lemon

Health benefits: Reduces inflammation of the joints and muscles, particularly those associated with arthritis. Pineapples contain a relatively rare proteolytic enzyme called bromelain, which is primarily associated with breaking down complex proteins, but it also has serious anti-inflammatory effects.

COLD PRESSED JUICES (4 ounces) | 12

This juice is in a league of its own by extracting the maximum amount of liquid from fresh fruits and vegetables. No additional heat or oxygen is used in the processing, meaning that no nutrients are lost in the heat of traditional pasteurization.

Green Detox

Ingredients: Celery, Spinach, Cucumber, Apple, Lemon

Health Benefits: packed with antioxidants, vitamins, and minerals that improve overall health, perfect addition to a weight loss diet because it is low in calories and high in fiber.

Tropical Booster

Ingredients: Carrot, Orange, Ginger

Health Benefits: contains large amounts of vitamins, minerals, and other nutrients. These are natural sources of physical energy, and can be particularly energizing first thing in the morning.

Hydrate Oasis

Ingredients: Watermelon, Pineapple, Basil

Health Benefits: The combination of antioxidants, lycopene, and vitamin C lower Trusted Source inflammation and oxidative damage, Watermelon contains plenty of water and a small amount of fiber, both of which are necessary for healthy digestion.

FRESH WHOLE COCONUT | 12

Lower Blood Pressure, Support Bone Health, Improve Digestive Health

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