



CAFÉ  
Zephyr

# BREAKFAST MENU

SERVED FROM 9AM UNTIL 11AM

## FRUITS, GRAINS & SEEDS

**Fruit Fusion** £9.50  
A selection of melon and berries with pineapple, kiwi and fruit syrup

**Add yogurt** £1.25

**Granola** £9.95  
Maple & honey roasted Granola with yogurt, berries, kiwi and golden raisins

**Chia Pudding** £9.50  
Coconut milk soaked Chia seeds with maple syrup, mixed berries, mango salsa, sunflower & pumpkin seeds and almonds

**Add yogurt** £1.25

**Pancakes** £10.25  
Topped with mixed berries and maple syrup

**Baker's Basket** £8.25  
A selection of homemade croissant, pain au chocolat

## EGGS

**Poached Eggs and Avocado** £11.25  
Poached eggs on a bed of avocado with chilli's and cherry tomatoes on brown bread toast

**Eggs & Salmon** £12.50  
Scrambled eggs with smoked salmon and lemon

**Eggs Benedict** £12.50  
Brioche, bacon, hollandaise sauce

**Make Your Own Omelette** £9.50  
**Choice of 3 toppings**  
3 egg omelette with a choice of bacon, cheddar cheese, ham, mushrooms, spinach, tomatoes, peppers or onions

**Taleggio Omelette** £10.90  
Caramelised red onions, taleggio cheese, parmesan and parsley

## THE ROYAL YACHT FULL ZEPHYR BREAKFAST

Two eggs any style;  
poached, scrambled, fried or boiled

Pork sausage  
Grilled back bacon  
Black pudding  
Sautéed mushrooms  
Grilled tomatoes  
Hash browns  
Baked beans

Served with Toast (Gluten free available £1.50)

Tea or coffee  
£11.50

**The Royal Yacht Express Breakfast** £9.50  
Bacon, egg, sausage, tomato, toast and tea or coffee

**The Breakfast Bap** £6.75  
Bap filled with choice of bacon, sausage or 2 fried eggs

£1.75 per additional filling

We like to think we cater for all tastes but if there is a dish that you would like that is not on our menu please ask your waiter and we will endeavour to accommodate your requests.

Please be aware that there could be nut traces in some of the ingredients used in the preparation of our menus. If you have any dietary requirements please inform your waiter.

An optional service charge of 10% will be added to the bill for groups of ten or more.

All prices are Goods and Services Tax inclusive.

Please note: Due to the current supply chain constraints, certain items on this menu may not always be available.

**THE BREAKFAST BAP AND THE BAKER'S BASKET ARE ALSO AVAILABLE FOR TAKE AWAY.**



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## FRESH JUICES

### Orange Juice

Freshly squeezed orange juice

£3.50

### Coconut Water

Packed full of electrolytes and minerals to replenish and rehydrate after exercise

£3.50

### The Detoxifier

(Fresh beetroot, carrot, apple, ginger and lemon)

£6.00

Support your body's detox systems with this juice! Beetroots are a wonderful tonic for the liver and purify the blood. Lemons have an alkalising and PH balancing effect on the body.

### The Immune Reviver

(Fresh carrot, orange, and turmeric)

£6.00

Boost your immune system and stop germs in their tracks with this juice! Oranges are one of the best sources of vitamin C to fight or prevent germs and turmeric is Mother Natures' most powerful anti inflammatory.

### The Green Cleanser

(Fresh spinach, cucumber, celery, apple, lime and mint)

£6.00

Cleanse all the cells in your body with this phytonutrient rich green juice. Cucumber and celery provide a boost of electrolytes to hydrate and cleanse the body.

## SMOOTHIES

### The Antioxidant Berry Smoothie

(Mixed berries, banana, vanilla and oat milk)

£6.50

Destroy free radicals in your body with this antioxidant rich smoothie! Berries are a powerhouse of nutrients and bananas provide a great source of fibre.

### The 'Hungry for Health' Cacao Heaven Smoothie

(Avocado, banana, strawberries, Medjool dates, raw cacao powder and almond milk)

£7.50

Enjoy all the health benefits of raw cacao in this heavenly smoothie! Raw cacao is the highest source of magnesium in the world which will keep your heart healthy, reverse the effects of stress and boost your energy levels.

### The Glowing Skin Green Smoothie

(Pineapple, spinach, cucumber, avocado, and coconut water)

£6.50

Get glowing skin and strong shiny hair with this vitamin and mineral loaded smoothie! Spinach is a great source of vitamin K and folate which gives you a clear complexion and fewer dark circles. Avocado is nature's perfect healthy fat to improve skin tone and reduce fine lines.

**All juices and smoothies have been designed and certified by Nutritional Advisor Chantelle Spriggs from 'Hungry for Health'**

[www.hungryforhealthjersey.co.uk](http://www.hungryforhealthjersey.co.uk)

## TEAS & COFFEES

### Black Teas

English breakfast | Assam | Earl Grey  
Decaffeinated

### Green Tea

China Green Tea

### Herbal Teas/ Infusions

Chamomile | Peppermint  
Rooibos

### Loose Teas/ Tisane

Aromatic Ginger Tisane | Fresh Mint  
Orange Tisane

**All teas sold by the pot - £3.00**

Espresso | £2.10

Double espresso | £2.90

Americano | £2.45

Large Americano | £2.75

Flat White | £2.45

Cappuccino | £3.10

De-caffeinated coffee | £2.45

Ristretto | £2.10

Caffe latte | £3.10

Caffe Mocha | £3.10

Liquor coffee | £5.35

Hot Chocolate | £3.05

### Syrups

Chai | Caramel | Vanilla | Cinnamon | Hazelnut

All syrups - £0.95