



*Nourri*

## **Cooked Breakfast Menu**

### **DAY 1**

#### **APHRODITE**

Bagel  
Egg scrambled  
Avocado  
Roasted cherry tomatoes  
Rocket & Lemon basil pesto

### **DAY 2**

#### **APPLE CRUMBLE**

Rolled Oats cooked in almond milk  
Baked apples  
Cinnamon crumble & a drizzle of honey

### **DAY 3**

#### **AVO LICIOUS**

Sourdough Toast  
Avocado mash  
Edamame  
Poached eggs  
Lemon Zest & Microgreens

### **DAY 4**

#### **CHEFS DAY OFF**

We will have Fresh Croissants & Pastries delivered to your door

### **DAY 5**

French Toast & Maple Syrup  
Homemade Blueberry compote

**DAY 6**

**ZEUS THUNDER**

Greek-style scrambled eggs with Feta and Fresh herbs  
Roasted Cherry Tomatoes and Sautéed spinach  
Olives  
Homemade Hummus

A drizzle of extra virgin olive oil and a squeeze of lemon to electrify your morning

**DAY 7**

**BLT BREAKFAST WRAP**

Toasted wrap  
Bacon, Lettuce & Tomato  
Fresh herbs to finish

***All our Cooked Breakfasts are served with the following***

**Beverages**

Freshly Squeezed Orange Juice  
Apple & Tomato Juice

Freshly brewed coffee (Regular and Decaf)

Selection of Nourri teas (English Tea blend, Rooibos & Chocolate, Baobab Fruit & Matcha)  
Fresh Mint, Lemon & Ginger Tea

**Fresh Fruits & Yogurt**

Seasonal fruit platter (melon, berries, pineapple, grapes)  
Yogurt with plain and flavored options  
Toppings: homemade granola, honey, nuts, dried fruits

**Cereals & Grains**

Cornflakes

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## **Contact us**

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