

# 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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