

HEALTH HUB BREAKFAST MENU

Hotel Komune's Health Hub Menu is free of: palm oil usage / MSG / artificial additives / packaged ingredients / cane and refined sugar and any GMO products.
Is intended to be locally sourced / organic as a first choice / environmentally sustainable / supports local farmers when not grown on site in Hotel Komune Organic Gardens.
All chicken or pork products are free range / seafood is sustainable and not farmed / beef is first quality Australian air flown

HEALTH KEY

(V) VEGETARIAN | (P) PROTEIN RICH | (PS) PESCATARIAN | (GF) GLUTEN FREE | (DF) DAIRY FREE | (E) EXCELLENT

HEALTHY DAILY STARTERS

BREAKFAST BANANA SPLIT (V)

Healthy start free-range banana / almond butter / strawberries / natural pot set yoghurt / granola sprinkle
40

TWO FARM FRESH EGGS (V) (P)

Free range eggs / boiled or poached or scrambled or fried / with choice of toasted bread
40

WITH Bacon or Sausage
50

WATERMELON PIZZA (V)

Full round slice organic watermelon / mixed seasonal tropical fruit pieces / fresh homemade jam topping
40

DRAGONFRUIT SMOOTHIE BOWL (V) (SF)

Colourful Dragonfruit smoothie / seasonal cut tropical fresh fruit / goji berries / blackcurrants
45

WITH raw cacao nibs or chia or extra goji and blackcurrants
55

WITH extra seasonal fruit or yoghurt
50

PESTO WRAP (P)

Scrambled free range eggs / homemade basil pesto / grilled fresh organic garden vegetables / tortilla wheat wrap
45

GRILLED VEGGIE OMELETTE (V) (P)

Sautéed mushrooms / tomatoes / spinach / grilled capsicum slice / low fat feta
45

TRADITIONAL BLACK RICE PUDDING (E)

Balinese black sticky rice / cardamom / local cinnamon / fresh coconut cream
45

BUCKWHEAT PANCAKES (E)

Gluten free round pancakes / organic pure maple syrup / vanilla coconut cream / fresh berry compote topping
50

ORGANIC BAKED BEAN TRIO (P)

Mixed bean medley / garlic / onion / tomato concasse / mixed spices / organic parsley / wholemeal toast
50

SUPERFOOD PORRIDGE (SF)

Cooked oatmeal / sprouted almonds / goji berries / chia seeds / sliced banana / vanilla coconut cream / sprinkled organic raw cocoa powder / local cinnamon
55

AVOCADO TOAST (E)

Wholemeal bread toasted / layered low fat-protein rich ricotta / avocado / chia seed sprinkle / lime / sea salt
55

WITH poached free range eggs
65

CADA (SF)

Coconut / almonds / dates / apple / food processor rough / separate pot set yoghurt / chopped seasonal fruit
55

GRILLED ORGANIC ASPARAGUS (V)

Organic charred pumpkin / homemade hummus / dukkha / lemon pink peppercorn infused olive oil
60

WITH free range poached eggs
70

HEALTH HUB GRANOLA (PA) (E)

Lightly roasted seed nut mix / local cashews / grated coconut / goji berries / pumpkin / sesame seeds / chia / pinenuts / pinch of cinnamon and cardamom spice / yoghurt with banana / strawberries / passion fruit
58

WITH banana / strawberries / passion fruit
65

WITH almond nut milk
65

HOME GROWN HASH (V)

Crispy hash brown potatoes / topped with organic grown rocket / chopped tomatoes / avocado / 2 free range poached eggs / cold pressed olive oil / lemon squeeze
58

WITH low fat feta
65

AVOCADO SCRAMBLE (V)

Scrambled 3 free range eggs / organic avocado topped / low fat cheese / softened black beans / rosemary roasted potatoes
60

ORGANIC BAKED MUSHROOMS (V)

Free range portobello mushrooms / garlic / organic parsley / wholemeal toast
60

POWER HOUSE (P)

Scrambled 4 egg whites / organic local brown rice / organic steamed seasonal veggies / tomato salsa
65

WITH organic tofu
70

WITH satay free range chicken boob
80

FLAT IRON STEAK HASH AND EGGS (P)

Seared hotplate minute steak / scrambled free range eggs / hash potatoes / salsa crudo / horseradish sauce
95

WARM ORGANIC FRUIT SALAD (V)

Sautéed blueberries / caramelized banana / poached apples / warmed medjool dates / pinch paleo granola / fresh pot set yogurt / wild bush honey / local cinnamon
60

POWER SIDES

POWER SIDES (EXTRA)

EGG WHITES ONLY

10

STREAKY BACK BACON

25

CHICKEN SAUSAGE

25

WILD ROAMING MUSHROOMS

17

WILTED SPINACH

17

SLICED AVOCADO

17

GRILLED ORGANIC TOMATO

17



*Unsure?
Ask our friendly
staff for advice!*

