



# Lua Velha Breakfast

Timings: 8:30 am - 11:00 am

## HELP YOURSELF

Homemade honey-roasted granola & cereals  
Fresh tropical fruits  
Chia pudding  
Local bread basket with fruit preserves, peanut butter & local honey  
Dried fruits, nuts & seeds  
Fresh fruit juice  
Coffee & tea

## INDIAN BREAKFAST

### Dosa\*

Indian-style pancake made of rice flour soaked overnight, served with chutney

### Idli\*

Savoury cakes made from rice flour and urad dahl soaked overnight, served with sambar

### Poha

A beloved national breakfast made from flaked rice, cooked and made savory or sweet (perfect for little ones!)

### Puri Bhaji\*

Fried whole wheat flour rounds served with vegetable curry - an Indian dhaba classic

### Masala Omelet

A traditional omelet including onions, tomatoes, chilies and coriander, perfect with pau

### Eggs Bhurji

Spicy scrambled eggs, Goan-style

### Upma

Rava flour pancake topped with masala and vegetables, can be made spicy or sweet (perfect for little ones!)

### Aloo Paratha\*

Potato pancakes with coriander and onion

\*\*Please pre-order, as these items require a longer preparation time\*\*

## MILK & DAIRY ALTERNATIVES

Dairy Milk  
Almond  
Soy  
Coconut

## AT YOUR REQUEST

### Eggs

As you like: poached, fried, scrambled or boiled

### Cinnamon Walnut Porridge

The original comfort food - creamy cinnamon oats made with your choice of milk, served with chopped walnuts

### Pancakes

American style, served with syrup

### Pan-fried mushrooms

### Grilled tomatoes

### Heinz baked beans

### Chicken cocktail sausages

## OMELETS

Build your own omelet with your choice of:

- Onions
- Tomatoes
- Capsicum
- Mushrooms
- Chilies

- Coriander
- Cheese

\*Please let the staff know if you prefer an egg white omelet

## PRE-ORDER SPECIALTY ITEMS

Frittata  
Quiche  
Shakshuka  
Muffins & sweet breads  
Scones  
Cinnamon Rolls  
Overnight Oats

If there is something missing from our breakfast that you would like to see, please ask! We will do our best to accommodate your request.