



HARBOUR

HOTELS

24 HOUR DDR WITH SPA OFFER

BREAKFAST BUFFET

Yellow fruit bowl

Icelandic yoghurt, bee pollen

Vanilla chia pot

Protein packed chia seeds, vanilla and coconut milk yogurt, topped with mixed berry coulis, fresh blackberries

Brown rice & sweet white miso porridge

Coconut, mango, nutmeg

Toast & smashed avocado

Toasted sourdough rolls with creamy avocado, chilli and fried hen's eggs

Buckwheat waffles

Served with organic smoked salmon and lime yoghurt

MORNING BREAK OUT

Fruit skewers

Pineapple, mango and strawberry

Protein bars

Raw cacao, almond and honey

SMOOTHIES

Super green

Avocado, banana, basil and lime leaves, topped with hemp seeds

Beetroot blues

Beetroot, blueberries, apple, ginger and almond yoghurt

Available with breakfast and morning break out





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LUNCH BUFFET

Chorizo, avocado & chickpeas

With sherry dressing

Roasted heritage carrots & seeds

With carrot-top pesto and creamy burrata

Tuna, anchovy & smoked sun-dried tomato

With edamame and berlotti beans

Wild salmon gluten-free wrap

Searched wild salmon, wasabi, black sesame seeds, brown rice blend, wrapped in nori

Portobello mushroom gluten-free wrap

Marinated portobello mushrooms, fresh herbs, kim chi, gochujang sauce, quinoa blend, wrapped in romaine

DINNER

Grilled mackerel

Green olives, celery leaf and raisin salsa

