



# Breakfast



Good Morning,  
We believe every day should start with great food  
and if needed, strong coffee.

We are passionate about food – not only how it tastes, but also how it keeps us healthy & thriving. All-natural & selected organic are our ingredients of choice.

*We love what we do – The art of wellness through food*

We source as many herbs & greens as possible from our garden. Our chefs forage the garden daily to add the finishing touch to your dishes & while it is difficult to source locally in a country with such little agriculture, we do our best to showcase what we can on our menus.

We work closely with local fishers to provide locally and sustainably caught fish which is utilized throughout our menus.



# WELL BEING

## Cooling Water

*Cleansing Infusions From Our Organic Garden*

Lemongrass    Pandan Leaf    Coconut Water-Lime

Detox | Sleep | Fitness    VEG | GF | DF | NF | SF

## Ferments

*'SCOBY' Fermented Black Tea*

### Kombucha

Detox | Sleep | Fitness    VEG | GF | DF | NF

## Probiotics

*'Gut Health & Immune Booster*

Kefir Yogurt    Rocket Fuel

Detox | Sleep | Fitness    VEG | GF | NF | SF

## Shrubs

*Infused Medicinal Cordials*

Pineapple Cinnamon

Ginger Orange

Detox | Sleep | Fitness    V | VEG | GF | DF | NF



# JUICES

## Fruit Juices

VEG | GF | DF | NF



Orange  
Grapefruit

Apple  
Pineapple

Guava  
Watermelon

Mixed Tropical

## Vegetable Juices

VEG | GF | DF | NF

Carrot  
Cucumber

Tomato  
Beetroot

Celery  
Mixed Greens

# BUBBLES

*Enjoy a glass of Prosecco*

# COFFEE



## Coffee Classics

### Americano

*A classic black coffee*

### Cappuccino

*A coffee with less milk, more froth*

### Espresso

*Freshly extracted coffee*

### Flat White

*A smooth, milky coffee*

### Café Latte

*A coffee with more milk, less froth*

### French Press

*A freshly ground unfiltered coffee*

## Cold Brew

*A coffee made from unfiltered ground beans and have been brewed in a room-temperature water for several hours. This type of coffee has lower acidity and its easier for your stomach. It also helps boost your metabolism and lift your mood.*

### Cold Brew Latte

*Cold brew blend with milk*

### Classic Black

*A black coffee brewed for several hours*

### Cold Brew Tonic

*Cold brew topped up with tonic*

## Brain Health

*Helps boosts brain function and improves alertness, memory and focus.*

### Brain Booster

*An espresso blend with coconut milk & vanilla*

### Vietnamese Coffee

*A cold brew coffee mixed with condensed milk*

# TEA



### English Breakfast

### Darjeeling Early Grey

### Lapsang Souchong

### Sencha

### Ginger Lemongrass

### Emperor White

### Rooibos Chocolate Cinnamon

### Dragon Well Longing

### Kir Royale

### Echinacea Cassia Ginger

### Himalayan Orange

# SIGNATURE SMOOTHIES



## Nutty Banana

*All ingredients are super foods. One glass contains 35 percent of the recommended daily value of vitamin K, essential for building strong bones and preventing heart disease.*

Pine Nuts | Almond | Banana | Yoghurt | Soya Milk

Fitness

GF | SF

## Super Healthy Bowl

*This smoothie bowl gives you something more satisfying. We have used plenty of super foods in this smoothie to keep you healthy and full.*

Beetroot | Apple | Apricot | Cashew Nuts | Almonds | Pumpkin Seed

Strawberry | Banana | Oat Milk

Fitness

V | VEG | DF | SF

## Coconut Turmeric

*Turmeric helps reduce inflammation, while ginger offers a boost of antioxidant strength and aids digestion. To take it one step further, pure coconut oil gives this tonic a dose of healthy fats.*

Coconut | Pineapple | Banana | Turmeric | Maca | Cinnamon

Fitness

VEG | GF | DF | NF | SF

## Super Fruity Shake

*Papayas contain high levels of antioxidants vitamin A, vitamin C, and vitamin E. Diets high in antioxidants may reduce the risk of heart disease. The nutrients in mango help support your body's immune system.*

Mango | Papaya | Coconut | Vanilla | Honey | Mint

Fitness

VEG | GF | DF | SF



## Longitude Eats

### Supaaaa breakfast

Bacon, Home made Sausage & Tomato Baked Lentils, Mushrooms, Herbed Potato Rosti  
*Fried Eggs – Scrambled Eggs – Poached Eggs*  
NF | SF | GF option available

### Shakshuka

Aromatic Tomato Ragout, Baked eggs, Herbed Tahini & Fresh Baked Pita  
Fitness - NF | SF | GF option available

### Gremolata Sautéed Mushrooms

Herbed Cream Cheese, Toasted Sour Dough  
Fitness - NF | SF | GF option available

### Green Peas & Ham

Smashed Pea Hummus, Mint yogurt, Shaved Parma Ham, Toasted Multigrain  
NF | SF | GF option available

### Biss Florentine

Spinach, Sour Dough Ciabatta, Hollandaise  
V | NF | SF | GF option available



### English

Egg

### Biss Royal

Smoked Salmon, Spinach, Sour Dough Ciabatta, Hollandaise  
NF | SF | GF option available



### Dhivehi

Biss

### Biss Benedict

English Muffin, Bacon, Hollandaise  
NF | SF | GF option available

## & of course any BISSniss you would like

Fried – Scrambled – Poached – Boiled



## Condiments & Sides

Bacon  
Sautéed Mushrooms  
Morning Glory  
Ketchup

Hash Browns  
Chicken Sausage  
Sun Dried Tomato Pesto  
Hollandaise

Baked Tomato Lentils  
Chorizo  
Parsley & Caper Salsa  
Tomato Ragout



I like you a waffle lot...

### **Greenish Wonderland**

Miso Dressing, All Island Greens, Pomegranate  
Detox | Sleep | Fitness      VEG | GF | DF | NF | SF

### **Maple Ginger Super Bowl**

Granola, Fig, Dried Fruits, Greek Yogurt & Apple  
Sleep | Fitness      VEG



### **Roasted Almond & Apple Porridge**

Home-Made Almond Milk & Compressed Apple  
Detox | Sleep | Fitness      VEG | DF | SF (GF option available)

But you are bacon me crazy



### **Coconut Quinoa Pudding**

Banana, Dates, Passion Fruit  
Sleep | Fitness      GF | DF | NF

### **Caramelized Brioche**

Summer Berry Compote, Vanilla & Lime Mascarpone  
V |



# CONGEE

## Shitake Mushroom

Crisp Shallots, Master Stock, Ginger, Chili & Coriander  
Detox | Sleep | Fitness      VEG | DF | NF | SF

## Crab X.O

Crisp Tofu, Homemade X.O Sauce, Spring Onion, Chili & Coriander  
Sleep | Fitness      DF | NF | SF

## Chicken & Corn

Aromatic Chicken, Corn & Mushroom, Spring Onion Chili & Garlic Oil  
Sleep | Fitness      V | GF | DF | SF

# BROTH & MISO

## Earth Broth

Mushrooms, Lemon grass, Ginger, Kaffir Lime  
Detox | Sleep | Fitness      VEG | GF | DF | NF | SF

## Chicken & Ginger

Chicken & Ginger, Aromatics & Bean Sprouts  
Sleep | Fitness      DF | NF | SF

## Miso

Dashi Stock, Bean Curd, Wakame  
Detox | Sleep | Fitness      VEG | GF | DF | NF | SF

