



WELL BEING

Cooling Water

Cleansing infusions from our organic garden

Lemongrass Ice Tea

Pandan Leaf Ice Tea

Coconut Water-Lime

Detox | Sleep | Fitness

VEG | GF | DF | NF | SF

Ferments

'SCOBY' Fermented Black Tea

Kombucha

Detox | Sleep | Fitness

VEG | GF | DF | NF | SF

Probiotics

'Gut health & immune booster

Keffir Yogurt

4 Thieves Vinegar

Detox | Sleep | Fitness

VEG | GF | DF | NF | SF

Shrubs

Infused medicinal cordials

Plum - Lavender

Mango - Passion Fruit

Coconut - Lemongrass

Detox | Sleep | Fitness

VEG | GF | DF | NF | SF



JUICES

Fruit Juices

Orange

Apple

Watermelon

Grapefruit

Pineapple

Mixed Tropical

Vegetable Juices

Carrot

Tomato

Celery

Cucumber

Beetroot

Mixed Greens

COFFEE



Coffee Classics

Americano

Classic black coffee

Cappuccino

Without the chocolate in these parts

Espresso

Just the strong stuff

Flat White

Smooth, milky coffee

Café Latte

Coffee with more milk, less froth

French Press

Freshly ground unfiltered coffee

Cold Brew

A coffee made from unfiltered ground beans that 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

Mood Lifter

An espresso mixed with avocado & coconut milk

TEA



English Breakfast

Darjeeling Early Grey

Lapsang Souchong

Sencha

Ginger Lemongrass

Emperor White

Roobios Chocolate Cinnamon

Fresh Mint

SIGNATURE SMOOTHIES



Strawberry and Pomegranate

Pomegranate is packed with antioxidants, vitamins, minerals and fiber. Strawberries are a rich source of Vitamin C which helps our body absorb iron and enables the immune system.

Strawberries, Pomegranate, Raspberries, Almond Milk

Detox | Sleep | Fitness

VEG | GF | DF | NF | SF

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, Almonds, Banana, Yogurt, Soy

Detox | Sleep | Fitness

V | GF | SF

Super Healthy Bowl

This smoothie bowl gives you something more satisfying. We have topped this smoothie with plenty of crunchy super foods garnishes to keep you healthy and full.

Beetroot, Apple, Apricot, Cashew Nuts, Almonds, Pumpkin Seeds

Strawberry, Vanilla, Banana, Oat Milk

Detox | Sleep | Fitness

VEG | GF | 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

Detox | Sleep | Fitness

VEG | GF | DF | NF | 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, Canadian Bacon, Hollandaise
NF | SF | GF option available

& of course any BISSniss you would like

Fried – Scrambled – Poached – Boiled



Condiments & Sides

Canadian Bacon
Sautéed Mushrooms
Morning Glory
HM Ketchup

HM Hash Browns
HM Chicken Sausage
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 | GF | DF | SF

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

