BRFAKFAST

FRESH JUICES

Choice of freshly squeezed Fruit Juice

Orange / Pineapple / Watermelon / Mango / Papaya

Tan and Hydrate

Organic Carrot, Coconut Water

Green Rocket

Green Mango, Pineapple, Island Grown Rocket, Celery

Sweet Chili

Calamansi, Lemon, Ginger, Chili, Agave Nectar

Melon Mint

Watermelon, Mint, Ginger

Amanpulo Vitality

Orange, Apple, Beetroot, Ginger, Carrot

Green Detox

Celery, Organic Greens, Cucumber, Ginger, Thai Basil

Healthy Mary

Tomato, Bell Pepper, Celery, Carrot, Cilantro

Pamalican Cooler

Pineapple, Orange, Calamansi, Turmeric, Garden Mint

Manamoc Buko, Local Young Coconut

Served Chilled

SMOOTHIES AND LASSI

Tropical Fruit Smoothies

Yoghurt And Palawan Honey: Cantaloupe / Pineapple / Mango / Papaya

Golden "Mylk" Shake

Turmeric And Chai, Coconut Milk, Banana, Coco Nectar

BAM!

Baguio Strawberries, Acai Powder, Blueberries, Fresh Mango, Bee Pollen **Glowing Green Goddess**

Kiwi, Avocado, Banana, Organic Greens, Spirulina

Energizer

Pili Nuts, Spiced Granola, Chocolate Almond Milk, Cacao Nibs

Lassi Come Home

Local Mango, Honey And Yoghurt, Activated Nuts, Chai Spice

COFFEE AND COCOA

Local Barako Coffee Golden "Mylk" Latte

Brewed Coffee / Espresso / Iced Coffee / Chocolate

Americano Tsokolate Batirol,

Cappuccino / Latte / Macchiato Hot Chocolate

BEACH CLUB BREAKFAST

STARTERS

SMOOTHIE BOWL

Strawberry, Dragon Fruit, Sweet Basil, Toasted Almond, Goji Berries VEG | GF

GRANOLA PARFAIT

Pamalican Coconut Yoghurt, Berry Compote v

CHIA TAPIOCA PUDDING

Coconut Milk, Pandan, Goji Berries, Fruit Macedonia, Coconut Sugar, Cacao Nibs VEG | GF | DF

HOMEMADE BANANA BREAD

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TROPICAL FRUIT PLATE

Daily Selection of Seasonal Local Fruits VEG | GF | DF | NF

OVERNIGHT CHOCO OATS

Organic Cacao, Lacatan Banana, Honey, 65% Dark Chocolate, Toasted Coconut $V \mid GF$

KASOY PANCAKE

Caramelized Saba Banana, Cashew Nuts, Maple Syrup, Buttercream **v**

PAN DE SAL

Kesong Puti, Roasted Cherry Tomatoes, Basil **v**

BRFAKFAST

COMPLETE BREAKFAST

ALL GRAINS BOWL

Wok-Fried Wild Rice, Red Quinoa, Bok Choy, Mushrooms, Bean Sprouts, Fried Egg V | GF | DF

FILIPINO BREAKFAST BOWL

Choice of: Tapa, Tocino, Longganisa or Bangus Belly Garlic Fried Rice, Sunny Side Egg, Atchara, Ensaladang Talong GF | DF | NF

OMELETTE

Whole Egg or Egg White, Water Spinach, Kesong Puti V | GF | SF | NF

PAMALICAN BREAKFAST

Fried Eggs, Bacon, Pork Sausage, Mushrooms, Grilled Tomato, Sourdough Bread DF | SF | NF

FLORENTINE

Poached Eggs, Phuay Lang Spinach, Hollandaise, Pamalican Farm's Arugula, Whole Grain Toast V | GF | SF | NF

MORTADELLA BENEDICT

English Muffin, Poached Eggs, Sauce Hollandaise SF | NF

SIDES

TAPA
TOCINO
LONGGANISA
BANGUS
2 EGGS ANY STYLE
BACON
SAUSAGE