

## BREAKFAST MENU LA VISTA BYRON BAY

### Continental Breakfast.

#### Fruit Juice

Every morning the juice is different at La Vista. We blend Pineapple, Orange, Ginger and tropical juice as our base, then add fresh strawberries, pineapple, peaches plums nectarines, apples, kiwi fruit, water, honeydew and rock melons, passion fruit and grapes. Blend it all up.... Loveable start to the day.

#### Fruit Salad, Muesli or Toast,

All the seasonal fruits listed above, with organic, lemon myrtle and macadamia yoghurt or local passion, strawberry or berry yoghurt. Mix with honey and LSA (mix of crushed linseed, sunflower and almonds).

The **muesli mix** is from local Brooke farm and is all natural, macadamia, assorted grains and dried fruits.

### Hot Breakfast choices. \$15.00 pp.

#### *La Vista Omelet's.*

1. Three cheese (French style),
2. Mushrooms, three cheeses and pesto.
3. Smoked Salmon, capers, tomato parsley and pesto.
4. Crispy bacon, tomato, cheese, pesto and parsley

#### *Bacon and Eggs on toast.*

1. Scrambled with bacon.
2. Fried with tomato and bacon.
3. Poached with mushrooms and bacon.

**Mushrooms on toast.** Cooked with garlic, balsamic, worcestshire, wine and chicken stock. Finished with parsley and served with a grilled roma tomato

**French toast.** Using white cabiatta loaf, served with organic Canadian maple syrup, bacon and fresh strawberries

### Beverages

We use Myocum and Ewingsdale Coffees. English Breakfast, Chamomile, Herbal, Green, Peppermint and Earle Grey Teas.