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# SAMPHIRE

ROTTNEST

## Wellness Menu

### Breakfast

#### AVOCADO TOAST

Toasted sourdough, avocado, pickled cucumber ribbons, Greek feta, soft herbs, pomegranate kernels, pesto \$24

Add bacon \$4

Add smoked salmon \$4

Add poached eggs \$4

#### FRESH FRUIT CHIA GRANOLA BOWL

Creamy chia pudding made with coconut milk, topped with seasonal fresh fruit and crunchy granola \$22

### Brunch

#### TUNA POKE BOWL

Fresh marinated tuna served over rice with crisp vegetables, avocado, edamame, and house poke sauce \$34

#### TOFU POKE BOWL

Marinated tofu served over rice with fresh vegetables, avocado, edamame, and house dressing \$26

### Daily boost

CHOCOLATE BANANA SMOOTHIE \$12

COCONUT WATER \$7

CORE COLD PRESSED JUICES \$12

FRESHLY SQUEEZED ORANGE JUICE \$12

### Wellness rituals

TAKE A FEW DEEP BREATHS 5 MIN

GO FOR A QUICK WALK \* 30 MIN

WRITE DOWN YOUR GRATITUDE 20 MIN

CALL A LOVED ONE 20 MIN

STEP AWAY FROM A SCREEN 60 MIN

\*Ask our team for our favorite Rotto spots!

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