

## VIENNOISERIES & PASTRY

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**CROISSANT** (1,3,7)

**PAIN AU CHOCOLAT** (1,3,6,7)

**RASPBERRY DANISH** (1,3,7)

**BROWNIES** (1,3,7)

**SAVOURY DANISH** (1,3,7,12)

*ham & cheese*

**BAKERY BASKET** (1,3,6,7)

*Selection of viennoiserie,  
toasted bread, butter & jam*

**CARROT CAKE** (1,3,7,8)

*walnuts, raisins & cinnamon*

**BUTTERMILK PANCAKES** (1,3,7)

*berry compote, chantilly cream  
& maple syrup*

## GRAINS, FRUITS & YOGHURTS

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**HOMEMADE GRANOLA** (1,7,8)

*Greek yoghurt & fresh mango*

**ORGANIC PORRIDGE** (1,7,8)

*oat milk, gluten free oats, apple & raisins*

**AÇAÍ & COCONUT BOWL** (8)

*blueberries, banana & seeds*

**SELECTION OF FRESH FRUIT**

## SIDES

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**AVOCADO**

**SMOKED SCOTTISH SALMON** (4)

**HOME CURED BACON**

**SAUTÉED BABY SPINACH** (7)

## EGGS & SAVOURY

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**AVOCADO ON TOAST** (1,3)

*grilled Datterini tomatoes & fresh herbs  
with two poached eggs*

**EGGS ANY STYLE** (1,3,4)

*scrambled, poached or fried, (served on toast)  
with fresh truffle*

**EGGS FLORENTINE, ROYALE**

**OR BENEDICT** (1,3,4,10,12)

*two poached eggs on toasted English muffin  
& sauce Hollandaise*

## COLD PRESSED JUICES

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**BOOST ME UP** (9)

*carrot, orange, celery, red pepper,  
fresh ginger & fresh turmeric*

**FARMA-CY** (9)

*celery, cucumber, chard, kale, lemon,  
Romaine lettuce, parsley*

**SOUL KICK**

*pineapple, apple, fresh ginger & lemon*

**FRESHLY SQUEEZED**

*orange or grapefruit juice*

## COFFEE & TEA

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**ESPRESSO**

**DOUBLE ESPRESSO**

**CAPPUCCINO** (7)

**FLAT WHITE** (7)

**DECAFFEINATED COFFEE**

**AMERICANO**

**GINSENG COFFEE / BARLEY COFFEE**

**HOT CHOCOLATE** (7)

**TEA SELECTION**

*English Breakfast, Darjeeling, Ceylon, Earl Grey  
Impérial, Special Gunpowder, Jasmine,  
Rooibos Cape Town*

**LOOSE LEAF TEAS SELECTION**

*Royal Pearl, Margaret's Hope, Russian Caravan,  
Jasmine Dragon, Matcha, Fresh Mint,  
Fresh Ginger & Lemon*

**HERBAL INFUSION SELECTION**

*Ginger & Lemon, Fennel & Licorice, Chamomile*

*Please note that allergen cross-contamination is possible during preparation.  
Raw or undercooked fish is processed fresh per EC 853/2004 regulations. \*Asterisk indicates prefrozen.  
Kindly inform our staff of any allergies or intolerances.*

We kindly inform our customers that the food and beverages served at The Wilde may contain ingredients or additives considered allergens.

List of substances or products that may cause allergies or intolerances, as listed in Annex II of EU Regulation No.1169/2011, present in this menu.

ALLERGENS	NUMBER
<b>Gluten-containing cereals</b> ( <i>wheat, barley, oats, spelt, kamut</i> )	1
<b>Crustaceans and crustacean-based products</b>	2
<b>Eggs and egg-based products</b>	3
<b>Fish and fish-based products</b>	4
<b>Peanuts and peanut-based products</b>	5
<b>Soy and soy-based products</b>	6
<b>Milk and milk-based products</b> ( <i>including lactose</i> )	7
<b>Nuts</b> ( <i>almonds, hazelnuts, walnuts, cashews, pecans, brazil nuts, pistachios, Macadamia nuts or queensland nuts and their products</i> )	8
<b>Celery and celery-based products</b>	9
<b>Mustard</b>	10
<b>Sesame and sesame-based products</b>	11
<b>Sulphur dioxide and sulphites</b> <i>in concentrations above 10 mg/kg</i>	12
<b>Lupins</b>	13
<b>Molluscs and mollusc-based products</b>	14