

CLASSIC - EGG DISH

POACHED EGG

Single egg
74 Kcal / 6g protein / 1g carb / 5g fat
contains egg

FRIED EGG

Sunny side up or over easy
92 Kcal / 6g protein / 0g carb / 7g fat
contains egg

BOILED EGG

Soft or hard boiled
74 Kcal / 6g protein / 1g carb / 5g fat
contains egg

SCRAMBLED EGGS

Two egg whites, one egg yolk
100 Kcal / 10g protein / 1g carb / 6g fat
contains egg

OMELETTE, PLAIN

Two egg whites, one egg yolk
100 Kcal / 10g protein / 1g carb / 6g fat
contains egg

OMELETTE WITH LOCAL CHEESE

Two egg whites, one egg yolk
115 Kcal / 11g protein / 1g carb / 7g fat
contains egg, dairy

OMELETTE WITH CHICKEN

Two egg whites, one egg yolk
124 Kcal / 12g protein / 3g carb / 7g fat
contains egg



EGG WHITE FRITTATA

Italian style baked egg white with mixed vegetables
69 Kcal / 11g protein / 7g carb / 0g fat
contains egg

Additional filling

Chicken: **33 Kcal** / 7g protein / 7g carb / 0g fat
Local cheese: **11 Kcal** / 2g protein / 0g carb / 0g fat
contains dairy

CHIVA-SOM THAI EGG-WHITE OMELETTE

Egg-white omelette with vegetables from our organic garden
48 Kcal / 9g protein / 3g carb / 0g fat
contains egg

CHIVA-SOM EGGS BENEDICT

Poached egg on homemade grilled chicken, sautéed vegetables from our garden and cauliflower hash browns topped with dairy-free hollandaise sauce
168 Kcal / 13g protein / 7g carb / 10g fat
contains egg

CHIVA-SOM EGGS FLORENTINE

Poached egg on sautéed vegetables from our garden and cauliflower hash browns topped with dairy-free hollandaise sauce
152 Kcal / 10g protein / 7g carb / 9g fat
contains egg

CHIVA-SOM EGGS ROYALE

Poached egg on homemade cured salmon, sautéed vegetables from our garden and cauliflower hash browns topped with dairy-free hollandaise sauce
160 Kcal / 11g protein / 7g carb / 10g fat
contains egg



= gluten free



= vegan



= spicy

ALTERNATIVE BREAKFAST



AVOCADO AND EGG

Poached egg on avocado and topped with Ayurvedic powder

115 Kcal / 7g protein / 7g carb / 7g fat
contains egg

INDIAN EGG CURRY

Four-minute soft boiled egg served with steamed quinoa and curry sauce

164 Kcal / 8g protein / 18g carb / 7g fat
contains egg, dairy

SCRAMBLED TOFU

Stir fried silken tofu and turmeric

80 Kcal / 6g protein / 5g carb / 4g fat
contains soy

KITCHERY

A stew of mung beans, brown rice and Ayurvedic spices

97 Kcal / 4g protein / 19g carb / 1g fat

SHAKSHUKA

Oven baked egg with spiced lentil stew

102 Kcal / 8g protein / 5g carb / 6g fat
contains egg

CHICKPEA CREPE WITH CREAMY MUSHROOM SAUCE

A vegan and gluten free chickpea flour crepe served with a non-dairy creamy mushroom sauce

96 Kcal / 4g protein / 8g carb / 6g fat

BREAKFAST EGG FRIED RICE WITH CHICKEN

121 Kcal / 6g protein / 12g carb / 5g fat

BOILED RICE WITH YOUR CHOICE OF:

Seabass: **85 Kcal** / 7g protein / 2g carb / 1g fat

Prawn: **77 Kcal** / 7g protein / 2g carb / 1g fat

Mushroom: **60 Kcal** / 2g protein / 3g carb / 0g fat 

QUINOA PORRIDGE

Quinoa porridge cooked in rice milk and topped with goji berries and sweet corn

83 Kcal / 3g protein / 5g carb / 6g fat
contains soy

CHOCOLATE, BANANA AND OAT PORRIDGE

Spiced chocolate gluten free porridge, topped with banana

166 Kcal / 6g protein / 25g carb / 5g fat
contains nuts, soy

HEALTHY PORRIDGE

Oat bran and Oat Beta Glucan cooked in rice milk

93 Kcal / 7g protein / 19g carb / 3g fat
contains soy

VEGAN GLUTEN FREE PANCAKE

89 Kcal / 3g protein / 17g carb / 2g fat
contains soy

VEGAN CHICKPEA CREPE

25 Kcal / 1g protein / 2g carb / 0g fat

Additional Toppings

Mixed berry compote

41 Kcal / 0g protein / 11g carb / 0g fat

Banana compote

30 Kcal / 0g protein / 8g carb / 0g fat

Coconut flower nectar

17 Kcal / 0g protein / 4g carb / 0g fat

Chocolate sauce

17 Kcal / 0g protein / 2g carb / 1g fat
contains nuts

Toasted almonds

30 Kcal / 1g protein / 1g carb / 3g fat
contains nuts



= gluten free



= vegan



= spicy

ALTERNATIVE SIDE DISHES

GRILLED SEA BASS

70 Kcal / 10g protein / 3g carb / 2g fat

GRILLED CHICKEN

41 Kcal / 7g protein / 0g carb / 1g fat

RATATOUILLE

Vegetable stew

22 Kcal / 1g protein / 5g carb / 0g fat

CAULIFLOWER HASH BROWN

Homemade cauliflower patty

19 Kcal / 1g protein / 2g carb / 1g fat

SAUTÉED SPINACH

Loaded with nutrients and low in calories

15 Kcal / 2g protein / 3g carb / 0g fat

STEAMED QUINOA

A popular, healthy grain

99 Kcal / 3g protein / 18g carb / 2g fat



= gluten free



= vegan



= spicy