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SANDS



*Want some bread to take
home?*

AT SANDS WE LET TIME DO THE WORK

USING LOW-GLUTEN FLOUR AND PLENTY OF WATER

WE BAKE CRUSTY SOURDOUGH LOAVES

BUTTERY CROISSANTS AND PASTRIES FULL OF LIFE

FOLLOW THE SCENT TO THE ISLAND'S

FIRST SOURDOUGH BAKERY

-BAKED FRESH EACH MORNING-

*Push open the door of the bakery
and have a look.*





BREAKFAST

YOGHURT & GRANOLA	95K
YOGHURT, HOMEMADE GRANOLA, BANANA, PINEAPPLE, DRAGON FRUIT, HONEY	
ACAI SMOOTHIE BOWL	95K
ACAI, BANANA SMOOTHIEBOWL TOPPED WITH GRANOLA, COCONUT SHAVED, CHIA SEEDS & FRESH BANANA	
HOT VEGAN PORRIDGE	90K
OAT MILK PORRIDGE, CARAMELIZED BANANA, CACAO NIBS, TOASTED COCONUT FLAKES, DATES, PUMPKIN SEEDS	
FRENCH TOAST	95K
TRADITIONAL CINNAMON FRENCH TOAST WITH MASCARPONE CREAM, TROPICAL MIX FRUIT SALAD, MAPLE SYRUP, MINT	
BACON & EGG ROLL	100K
BACON AND EGG ROLL, TOMATO SAUCE IN HOMEMADE BUN	
EDAMOLE ON TOAST	95K
POACHED EGGS, EDAMAME PUREE, ENDIVE, CHERRY TOMATOES & FRESH EDAMAME ON TOASTED HOMEMADE SOURDOUGH BREAD ADD SALMON 75K ADD BACON 35K	
MEDITERRANEAN BREAKFAST	95K
HUMMUS, KALAMATA OLIVES, BUTTERED SPINACH, CHERRY TOMATOES, PAPRIKA POWDER, POACHED EGGS ON TOASTED HOMEMADE SOURDOUGH BREAD	
EGGS BENEDICT	95K
TRADITIONAL EGGS BENEDICT WITH CRISPY BACON AND HOLLANDAISE SAUCE ON TOASTED HOMEMADE SOURDOUGH BREAD	
TRUFFLE SUNRISE	110K
OMELETTE, MUSHROOM PUREE AND SAUTEED MUSHROOMS, TRUFFLE MAYO, PARMESAN ON TOASTED HOMEMADE SOURDOUGH BREAD ADD SALMON 75K ADD BACON 35K	
SMASHED PEAS & MINT	95K
SMASHED PEAS AND MINT WITH POACHED EGGS, ENDIVE, ASPARAGUS ON TOASTED HOMEMADE SOURDOUGH BREAD	
SANDS HOMEMADE PASTRY	40K
FROM 7.30 AM	

BUTTER CROISSANT
BUTTER CROISSANT WITH NUTELLA |
PISTACHIO | CUSTARD CREAM
PAIN AU CHOCOLAT
ALMOND CROISSANT
ALMOND PAIN AU CHOCOLATE
CINNAMON ROLL
RAISIN DANISH



prices are all inclusive of taxes and service charge
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FRESH PRESSED JUICES

FRESH YOUNG COCONUT 50K
A YOUNG WHOLE FRESH COLD COCONUT

KINTAMANI 50K
FRESH PRESSED KINTAMANI ORANGES

DETOX 50K
LIME, GINGER, TURMERIC, KINTAMANI ORANGE AND HONEY

ACE 50K
KINTAMANI ORANGE, CARROT AND LIME

JAPANESE GREEN 50K
CUCUMBER, PINEAPPLE, MINT, MATCHA

TAMACITRUS TWIST 50K
KINTAMANI ORANGE AND LOCALLY SOURCED TAMARIND

SMOOTHIES

BANANA CRUSH 65K
BANANA, OATMILK, PEANUT BUTTER, DATES AND COCOA NIBS

COCONUT WAVE 55K
BANANA, LIME, MINT, COCONUT CREAM, HONEY, BANANA CRUNCH

INDO SUMMER 55K
MANGO, PINEAPPLE, LEMONGRASS, TURMERIC AND BEE POLLEN

RED ISLAND 55K
WATERMELON, STRAWBERRY, BASIL, CARAMELIZED QUINOA, STRAWBERRY POWDER

FRESH PURPLE 55K
PURPLE DRAGONFRUIT, LIME, MINT, CHIA SEEDS



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COFFEE

ESPRESSO hot or iced	35K
100% ARABICA MOLINARI	
ESPRESSO & TONIC	55K
100% ARABICA MOLINARI ON FEVERTREE TONIC AND ICE	
ESPRESSO SUNRISE	50K
100% ARABICA MOLINARI ON ORANGE JUICE AND ICE	
ESPRESSO MACCHIATO	35K
100% ARABICA MOLINARI TOPPED WITH FRESH MILK FOAM	
AMERICANO hot or iced	35K
100% ARABICA MOLINARI	
CAPPUCCINO hot or iced	50K
100% ARABICA MOLINARI TOPPED UP WITH FRESH MILK FOAM	
LATTE	50K
100% ARABICA MOLINARI TOPPED UP WITH STEAMED MILK	
CHAI LATTE hot or iced	50K
BLEND OF CHAI SPICES, CINNAMON, CARDAMOM, GINGER, CLOVE TOPPED UP WITH MILK FOAM	
MATCHA LATTE hot or iced	50K
MATCHA TOPPED UP WITH STEAMED MILK	
OAT COCONUT MILK	15K

REFRESHMENTS

FILTERED WATER	25K
100% SAFE REVERSE OSMOSIS AND UV LIGHT "emission free"	
ACQUA PANNA	65K
SAN PELLEGRINO	65K
COCA COLA COLA ZERO SPRITE	45K
FEVER-TREE INDIAN TONIC WATER	55K
PASSION COOLER	70K
LIME, SUGAR, SODA WATER, PASSIONFRUIT, MINT	
MINT ISLAND	70K
LIME, SUGAR, SODA WATER, MINT	



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