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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

YOGHURT, HOMEMADE GRANOLA, FRESH FRUITS, HONEY

95K

ACAI SMOOTHIE BOWL

ACAI, BANANA SMOOTHIE BOWL TOPPED WITH GRANOLA, COCOA NIBS, CHIA SEEDS & FRESH BANANA

95K

HOT VEGAN PORRIDGE

OAT MILK PORRIDGE, CARAMELIZED BANANA, CACAO NIBS, DATES, PUMPKIN SEEDS

90K

BACON & EGG ROLL

BACON AND EGG ROLL, TOMATO SAUCE IN HOMEMADE BUN

100K

EDAMOLE ON TOAST

POACHED EGGS, EDAMAME PUREE, ENDIVE, CHERRY TOMATOES & FRESH EDAMAME ON TOASTED HOMEMADE SOURDOUGH BREAD

ADD SALMON 75K | ADD BACON 35K

95K

MEDITERRANEAN BREAKFAST

HUMMUS, KALAMATA OLIVES, BUTTERED SPINACH, CHERRY TOMATOES, PAPRIKA POWDER, POACHED EGGS ON TOASTED HOMEMADE SOURDOUGH BREAD

95K

EGGS BENEDICT

TRADITIONAL EGGS BENEDICT WITH CRISPY BACON AND HOLLANDAISE SAUCE ON TOASTED HOMEMADE SOURDOUGH BREAD

95K

TRUFFLE SUNRISE

OMELETTE, MUSHROOM PUREE AND SAUTEED MUSHROOMS, TRUFFLE MAYO, PARMESAN ON TOASTED HOMEMADE SOURDOUGH BREAD

ADD SALMON 75K | ADD BACON 35K

110K

SMASHED PEAS & MINT

SMASHED PEAS AND MINT WITH POACHED EGGS, ENDIVE, ASPARAGUS ON TOASTED HOMEMADE SOURDOUGH BREAD

95K

SANDS HOMEMADE PASTRY 40K

- BUTTER CROISSANT
- PAIN AU CHOCOLAT
- ALMOND CROISSANT
- ALMOND PAIN AU CHOCOLAT
- CINNAMON ROLL
- RAISIN DANISH
- PAIN SUISSE



SANDS

all prices are subjected to 10% taxes and 5% service charge

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REFRESHMENTS

FRESH YOUNG COCONUT 55K
A YOUNG WHOLE FRESH COLD COCONUT

PASSION COOLER 70K
LIME, SUGAR, SODA WATER,
PASSIONFRUIT AND MINT

MINT ISLAND 70K
LIME, SUGAR, SODA WATER AND MINT

FILTERED WATER 25K
100% SAFE REVERSE OSMOSIS AND UV
LIGHT "emission free"

ACQUA PANNA 65K

SAN PELLEGRINO 65K

COCA COLA | COCA ZERO | SPRITE 45K

FEVERTREE INDIAN TONIC WATER 55K

FRESH PRESSED JUICES

EARTH BOOST 60K
BEETROOT, ORANGE, CARROT, GINGER

GREEN BALANCE 60K
SPINACH, CUCUMBER, PINEAPPLE,
LIME, GINGER

DETOX 60K
ORANGE, TURMERIC, GINGER, LIME
AND HONEY

SUNSHINE BOOST 60K
ORANGE, PINEAPPLE, CARROT, LIME

PURE JUICES

PURE KINTAMANI 60K
FRESH PRESSED KINTAMANI ORANGE

PURE WATERMELON 60K
FRESH PRESSED WATERMELON

SUPERFOOD SMOOTHIES

BANANA CRUSH 75K
BANANA, OATMILK, PEANUT BUTTER,
DATES AND COCOA NIBS

BERRY BLOOM 75K
MIX BERRIES, BANANA, ALMOND
MILK, HONEY, GOJI BERRIES

INDO SUMMER 75K
MANGO, PINEAPPLE, LEMONGRASS,
TURMERIC AND BEE POLLEN

RED ISLAND 75K
WATERMELON, STRAWBERRY, BASIL,
CARAMELIZED QUINOA

BOUNTY 75K
COCONUT CREAM, COCOA NIBS,
COCONUT MILK, NUTELLA

ICED TEAS

TROPICAL HIBISCUS 65K
ROSELLA TEA, LYCHEE SYRUP,
GRAPEFRUIT

GOLD PASSION 65K
TROPICAL MANGO TEA, PASSION FRUIT
SYRUP

BLUE LAGOON 65K
BUTTERFLY PEA TEA, FRESH LIME,
LEMONGRASS SYRUP

LYCHEE WAVE 65K
LYCHEE BOMB TEA, PASSION FRUIT
SYRUP, FRESH LIME

JASMINE ESCAPE 65K
JASMINE TEA, HONEY, FRESH LIME

ADD SUPERFOOD + 15K

MATCHA POWDER | PEANUT BUTTER | PROTEIN POWDER |
VITAMIN C



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COFFEE

ESPRESSO hot or iced 100% ARABICA MOLINARI	35K
ESPRESSO MACCHIATO 100% ARABICA MOLINARI TOPPED WITH FRESH MILK FOAM	35K
AMERICANO hot or iced 100% ARABICA MOLINARI	35K
CAPPUCCINO hot or iced 100% ARABICA MOLINARI TOPPED UP WITH FRESH MILK FOAM	50K
LATTE hot or iced 100% ARABICA MOLINARI TOPPED UP WITH STEAMED MILK	50K
BABY CHINO FROTHY MILK TOPPED WITH CHOCOLATE POWDER - for little coffee lovers	20K
OAT MILK ALMOND MILK COCONUT MILK	15K

WELLNESS LATTE

CHAI LATTE hot or iced BLEND OF CHAI SPICES, CINNAMON, CARDAMOM, GINGER, CLOVE TOPPED UP WITH MILK	55K
MATCHA LATTE hot or iced CREAMY MATCHA BLENDED WITH MILK	55K
BEETROOT LATTE hot or iced SWEET BEETROOT BLENDED WITH MILK	55K
CHARCOAL LATTE hot or iced SMOOTH ACTIVATED CHARCOAL BLENDED WITH MILK, CINNAMON AND A TOUCH OF HONEY	55K
TURMERIC LATTE hot or iced TURMERIC POWDER BLENDED WITH MILK AND A SPRINKLE OF CINNAMON	55K
REISHI LATTE hot or iced EARTHY REISHI MUSHROOM BLENDED WITH CACAO AND MILK	55K

TEAS

ORGANIC BLACK TEA	45K
TROPICAL MANGO TEA	45K
LYCHEE BOMB TEA	45K
JASMINE TEA	45K

TISANES

ROSELLA INFUSION	45K
BUTTERFLY PEA INFUSION	45K
ROSE GARDEN	45K
LEMONGRASS	45K



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