

# BREAKFAST MENU

Daily from 7:30am till 2:30pm

## BREAKFAST & PASTRIES

### Overnight Oats 25

- Kaya Toast & Banana  
Coconut Milk, Chia Seeds, Brown Butter, Crispy Coconut
- Apple Pie  
Oat Milk, Chia Seeds, Butter Crumble, Cinnamon, Raisins, Almond Flakes

### Homemade Granola Bowl 25

- Marinated Fruits, Pecan Nuts, Local Artisan Chocolate, Choice of Milk or Greek Yoghurt

### Pancakes/ Crepes 24

- Marinated Mixed Fruits Maple Syrup & Salted Butter

### Tomato & Cheese Palmier Pastry 18

- French Puff Pastry with Pomodoro, Cheddar and Mozzarella

### Egg & Spinach Pastry 18

- French Puff Pastry with Creamy Spinach and Poached Egg.

### Add Ons:

- Sourdough Buttered Toast 8
- 2 Eggs Any Style 8
- Homemade Fruit Jam 3
- Avocado 8
- Sautéed Mushrooms 8
- Sliced Cecina 12
- Cured Salmon 16

## EGGS & TOAST

### Avocado & Egg 25

- Scrambled Eggs and Avocado on White Bread, Sriracha Mayo & Rocket

### Mediterranean Poached Eggs 22

- Poached Eggs, Tomato Spread, Basil Pesto and Queso Blanco on Sourdough Bread

### Breakfast Roll 22

- Truffle Scrambled Eggs with Mushrooms & Spinach

### Classic Shakshuka 24

- Poached Eggs in a Spiced Tomato Sauce, Grilled Sourdough Bread

### French Toast 25

- Marinated Mixed Fruits, Maple Syrup & Salted Butter

## SANDWICHES / WRAPS

### Cured Salmon Tartine 38

- Beetroot, boiled eggs, baby radish, capers, yoghurt

### Steak Sandwich 42

- Sourdough Bread, Grilled Vegetables, Bone Marrow Jus

### Grilled Truffle Cheese Sandwich 32

- (add Cecina +10)

### Nasi Lemak Wrap 25

- Ayam Berempah, Sambal, Anchovies & Peanuts, Eggs, Cucumber

### Beef Sausage Roll\* 27

- Homemade Beef Sausage in Puff Pastry served with Side Salad  
(\*Please allow 15-20min cooking time)

## COFFEE

- |   | H  | C  |
|---|----|----|
| Espresso                                  | 9  | -  |
| Americano/ Long Black                     | 10 | 11 |
| Espresso Macchiato                        | 10 | 11 |
| Latte / Flat White / Cappuccino / Piccolo | 11 | 12 |

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|-------------------|----|----|
| Artisan Chocolate | 15 | 16 |
|-------------------|----|----|

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| Espresso Martini | 32 |  |
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- Add non-dairy milk (Soy /Almond /Oat +3)

## COOLERS / JUICES

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|----------------------------|----|--|
| Passionfruit & Mint Cooler | 12 |  |
| Sparkling Lemonade         | 10 |  |

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|------------------------|----|--|
| Asam Boi & Apple Juice | 18 |  |
|------------------------|----|--|

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|--------|----|--|
| Juices | 18 |  |
|--------|----|--|

- Orange / Apple / Watermelon / Carrot / Pineapple

## OTHER

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|-------------------------|-------|--|
| Aqua Panna (500ml / 1L) | 10/18 |  |
|-------------------------|-------|--|

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|-----------------------------|-------|--|
| San Pellegrino (500ml / 1L) | 10/18 |  |
|-----------------------------|-------|--|

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| Softdrinks | 10 |  |
|------------|----|--|

- Coke/100Plus/Sprite/Tonic Water

## TEA

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| Organic Tea (Please ask for our selection) | 10 | 11 |

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| Matcha Latte | 15 |  |
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|----------------|----|--|
| Turmeric Latte | 15 |  |
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| Iced Lemon Tea | 12 |  |
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|----------------|----|--|
| Iced Peach Tea | 12 |  |
|----------------|----|--|

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| Kombucha | 18 |  |
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- (Ask our team for available flavours)

## RECOVERY SMOOTHIES

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|---------------------------------------|----|--|
| Banana, Mango, Orange & Greek Yoghurt | 22 |  |
|---------------------------------------|----|--|

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|--|----|--|
| Banana, Strawberry, Honey, Greek Yoghurt | 22 |  |
|--|----|--|

- (add 20gr Protein Powder +8)

## COFFEE / TEA TIME CAKES & PASTRIES

Available Till 4:30pm

We have a selection of Coffee/Tea Time Cakes and Pastries available. Just check with our team for availability.

Subject to 10% Service Charge  
Available from 7:30am - 2:30pm Mon-Sun

# LUNCH MENU

From 12noon till 2:30pm

## SANDWICH / WRAP

**Grilled Vegetable Sandwich 32**  
Roasted Vegetables, Olive Tapenade,  
Baby Spinach, Pistachio Pesto

**Prawn Roll 45**  
Poached Prawns, Cocktail Sauce,  
Boiled Eggs, Tobiko, Chives, Lemon

**#FIVE Burger 42**  
Guacamole, Tomatoes, Lettuce,  
Sriracha Mayo, Torched Cheddar,  
Sunny Side Up Egg

**Pulled Lamb Wrap 35**  
Spiced Pulled Lamb, Kyuri, Tomatoes,  
Onions, Tzatziki

**Steak Sandwich 42**  
Sourdough Bread, Grilled Vegetables,  
Bone Marrow Jus

**Tempura Fish Tacos 32**  
Guacamole, Cherry Tomatoes, Rocket

## PASTA

**Mixed Mushroom & Anchovy  
Fettuccine 36**  
Sweet Leaf Pesto, Mixed Mushrooms,  
Ikan Bilis, Poached Egg

**White Pepper Spaghetti (v) 45**  
Poached Egg, Manchego

**Lamb Ragout Fettuccine 48**  
Minced Lamb, Charred Pomodoro,  
Fennel

**Crab Spaghetti 48**  
Crispy Garlic, Coriander, Chili Padi,  
Parmesan

## LUNCH PLATES

**Sautéed Mixed Grains (vegan) 32**  
Black Rice, Brown Rice, Barley, Tempeh,  
Shiitake Mushrooms, Tofu, Gingko Nuts

**Thunder Tea Rice (vegan) 32**  
Grilled beans, Kailan, Shiitake  
mushrooms, Peanuts, Local Herb  
Emulsion

**Beef Fat Fried Rice 38**  
Rib Eye Steak, Egg, Spring Onion

**Spring Chicken with Zucchini 42**  
Half Sprint Chicken, Grilled Zucchini,  
Tomato Relish

**Pan Seared Seabass 52**  
Citrus Butter Sauce, Tobiko, Zucchini

## SOUPS

**Roasted Cauliflower Soup 25**  
Roasted Cauliflower, Smoked Paprika,  
Crème Fraiche

**Potato & Leek Soup 25**  
Creamy Potato & Leek Soup with  
Shredded Chicken

**Spiced Chickpea Soup (v) 25**

## SIDES & SALAD

Triple Cooked Fries 18  
Mashed Potatoes 18  
Mixed Salad with House Dressing 18

## COFFEE / TEA TIME CAKES & PASTRIES

Available Till 4:30pm

Apple Crumble with Vanilla Cream 18  
(add-on Homemade Ice Cream +8)

Bread & Butter Pudding with Almonds,  
Raisins and Vanilla Custard 18

Hazelnut & Chocolate Choux Puffs 12

Cake of the day  
(ask our team for availability)

## DID YOU KNOW

### BikeWash

Is available Monday-Friday  
8:30am-2:30pm and on selected Saturdays  
(ask our team for availability)

### V-lab

During the MCO we've made our own Energy  
Bars to fuel your Run or Ride. Please check  
with our team for availability.

### Run or Ride with #FIVE

Group Rides and Runs are organised on a  
weekly basis. Search for "Ride with FIVE" and  
"Run with FIVE" on Strava or leave your  
phone number with our team to be added to  
the WhatsApp Group.

Subject to 10% Service Charge  
Available from 7:30am - 2:30pm Mon-Sun

**#FIVE**  
CYCLE | RUN | CAFE