

trifol



Kids Menu



Starters 12

Tribal kid's salad with tahini
yoghurt dressing
Squash and lentil soup
Sweetcorn tostadas
Chicken tenders
(breaded chicken fingers served
with roasted tomato salsa)



Main course 20

Vegetable bunny chow
Fried bean vegetable quesadillas
Boneless grilled fish
Beef bunny chow

Beef tenderloin 30

All of the above can be served with a choice
of the accompaniments below;

Fried bean rice
Taro bean mash
Garden salad
Steamed vegetables



Dessert 10

Banana caramel
Apple cinnamon coconut crumble with vanilla
ice cream
Fruit platter
Chocolate lemon cake
Selection of ice cream and
sorbet



Kindly notify one of our team members if you have any allergic intolerance
All prices are in U.S. Dollars and subject to 10% service charge and 12% GST

Triph

Infant menu

Only organic branded from New Zealand



months+

Banana Kumara & Quinoa 120gm
Apple, peach and apricot 120 gm



months+

Bolognese 170gm
Mango & Banana Bliss 170gm
Wild Rice Risotto & Lamb 120gm
Pumpkin Potato & Beef 170gm
Bircher muesli 170gm



months+

Vegetable Lasagne Baby Food 170gm
Carrots Red Lentils & Cheddar 120gm
Minted Pears Blackcurrant & Lamb 120gm
Chicken Bolognese 170gm
Mango and yoghurt brekkies 120gm

Toddler

Rice Cakes 60gm
(Toddler Snacks 1-5 years)



Baby Formula- Nestle Nan Optipro Milk powder

Nan Optipro Ha Gold Formula Stage 1
Nan Optipro Ha Gold Formula Stage 2
Nan Optipro Ha Gold Formula Stage 3



MINOR menu tasting

To start 12

Parma ham, melon, grissini sticks
Organic tomato, bocconcini, salad and fruity olive oil
Creamy vegetable soup

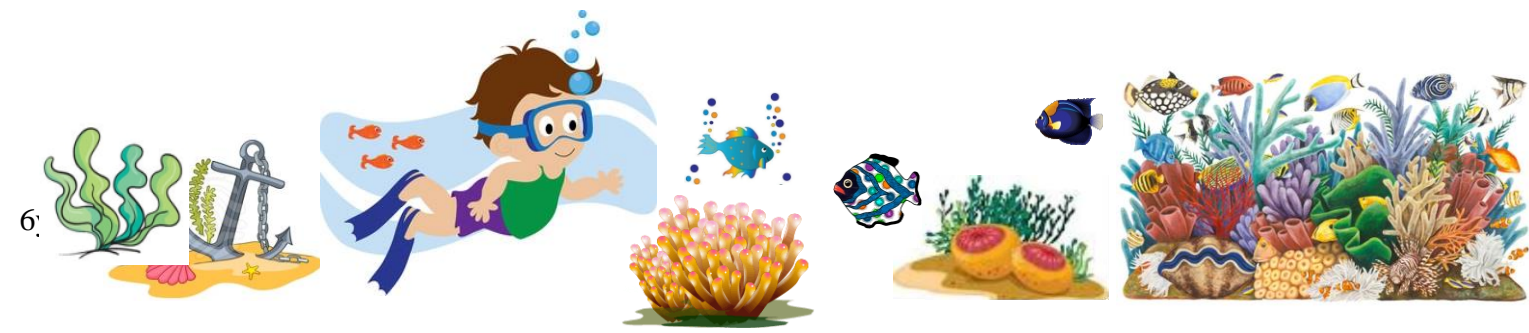
Main course 22

Grilled tender steak, vegetable mash beef sauce
Grilled or Steamed fish fillet, pea puree, garden salad, lemon sauce
Chicken breast, fries and steamed vegetables
Penne pasta, parmesan, tomato sauce

Desserts 12

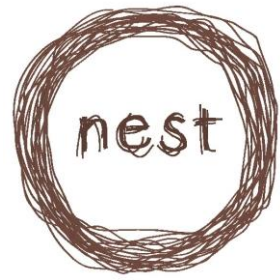
Rainforest fruit salad, passion fruit sorbet
Chocolate tart, vanilla ice cream

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nest



KIDS ONLY

STARTER

Chicken or Fish Soup with Vegetables and Noodles 12

Chicken or Fish Tempura 14

Served with herb salad and tomato sauce

Crunchy Fresh Vegetables Stick, Cucumber, Carrot, Sweet Pepper 12

Served with Asian Peanut Sauce

Herb Salad with Cuka Wakame with Soyu Dressing 12

Cherry Tomato, Seaweed and mix lettuce

MAIN COURSE

Stir-Fried Rice or Noodles 12
With Vegetables and Chicken

Grilled Fish Fillet Teriyaki Sauce with Vegetables and Jasmine Rice 12
Served with herb salad and tomato sauce

Grilled Beef Steak 25
Served with Rice and Asian Vegetables

Indonesian Yellow Curry Fish or Chicken 12
Served with Steam Jasmine Rice

Beef or Chicken Katsu 20
Deep fried breaded Beef or Chicken Asian Vegetables, Rice and Fruit Sauce

Prawn Satay 15
Grilled Prawn Skewer served with Seasonal Asian Mix Vegetables and Steam Rice

DESSERTS

Thai Sticky Rice 12

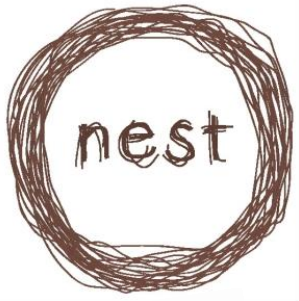
Mango Cheese Cake 12

Tropical Fruit Salad with Sweet Spice 12

Chocolate Cinnamon Walnut Brownies 🍪 12

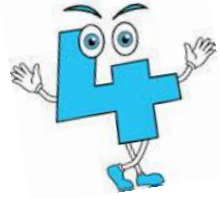
Homemade Ice Cream and Sorbet 🍦 8

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Nan Optipro Ha Gold Formula Stage 3

EPICURE

BLU

KIDS ALL DAY

Spaghetti 14

Tomato Pasta Sauce

or Meatballs with Tomato Pasta Sauce

Home Made Chicken Nuggets 14

Salad, Mayonnaise and Ketchup

Freshly Crumbed Fish Strip 14

Salad, Fries, Lemon and Tartar Sauce

Mini Burger 14

With or Without Cheese, Salad and Fries

Tomato Soup 11

Buttered Toast Soldier

Garden Salad 14

Carrots, Cucumber, Lettuce and French dressing

Grilled Steak or Chicken 14

Fries, Salad and Tomato Sauce

Pappa's Pizza 14

Cheezy Tomato

or

Peppers, Tomato, Mushroom and Cheese

French Fries with Tomato Sauce 7

TINY TOTS

Puree or Semi Puree Food available on request 9

Steamed Boneless White Fish and Peas 9

Steamed Carrots, Spinach, Broccoli 9

Crunchy Vegetables and Yoghurt 9

DESSERTS

Tropical Fruit Salad 10

Chocolate Walnut Brownies 🍪 10

Banana Split, Ice Cream, Chocolate Sauce 🍪 10



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