TANGLES

SNACK

Tanglin Chicken Pie	3.95
Curry Chicken Puff	3.00
Mushroom Puff	3.00
Pork Sausage Roll	2.95
Chicken Wing Tulips	11.90
Truffle Fries	7.60
French Fries	5.60
Vegetarian Pizza	12.90
Ham & Pineapple Pizza	12.90
Pepperoni & Cheese Pizza	12.90

MINI SANDWICH

Egg Mayo & Cheese | Ham & Cheese — 3.30
Japanese Sesame Mayo Chicken
Spicy Tuna | Smoked Salmon with Cream Cheese Tomato & Cucumber

TANGLES BAKERY

Blueberry Muffin	2.85
Dark Chocolate Muffin	2.85
Plain Scone	2.20
Butter Croissant	2.20
Raisin Scone	2.30

BREAKFAST
8.00AM - 10.00AM

Signature Eggs & Toast — 5.45
Bread with Butter and Strawberry Jam, served with Freshly Brewed Coffee or Tea
Choice Of Bread: Multigrain, Muesli, Sun-Dried Tomato, Croissant
Choice Of Egg: Scrambled, Sunny-Side Up or Over Easy

Eggs & Kaya Butter Toast — 6.80
2 Slices of Toasted White Bread with Kaya and Butter, 2 Soft-Boiled Eggs served with Freshly Brewed Coffee or Tea

Mushrooms & Toast — 8.70
Cream Cheese, Tomato, Egg
Choice Of Bread: Multigrain, Muesli, Sun-Dried Tomato, Croissant

Kaya Butter Toast — 3.30
2 Slices of Toasted White Bread with Kaya and Butter

Change to Gluten-Free Bread (2pcs) — 2.10

BREAKFAST ALL DAY

Tangles Big Breakfast — 10.90
English Pork Sausage, Brown Toast, Bacon, Hash Brown, Grilled Tomato, Baked Beans
Choice of 2 Fresh Eggs: Scrambled, Sunny-Side Up, Over Easy or Omelette

Oatmeal Porridge — 9.90
Old Fashioned Rolled Oats, Greek Yoghurt, Milk, Dried Fruits, Fresh Cut Fruits, Nuts, Honey

Add-Ons
Smoked Salmon (25g) +3.30 | Tomato +1.65
Bacon (30g) +2.20 | Hash Brown (1pc) +2.20
½ Avocado +1.65 | Baked Beans (50g) +1.65
Mixed Mushrooms (40g) +1.65
Sous Vide Chicken (100g) +3.30
Chicken Chipolata (2pcs) +3.30
English Pork Sausages (2pcs) +4.20

SALAD & SANDWICH
ALL DAY

Poke Signature — 14.20
Salad, Quinoa, Salmon, Edamame, Corn, Beetroot, Japanese Cucumbers, Wakame, Carrots, Cherry Tomatoes, Walnuts, Wasabi Yuzu Dressing

Chicken Poke — 14.20
Salad, Quinoa, Sous vide Chicken Breast, Edamame, Corn, Beetroot, Japanese Cucumbers, Wakame, Carrots, Cherry Tomatoes, Walnuts, Caeser Dressing

Avocado Bowl — 13.10
Salad, Quinoa, Avocado, Edamame, Corn, Beetroot, Japanese Cucumbers, Wakame, Carrots, Cherry Tomatoes, Walnuts, Honey Sesame

Egg Mayo & Avocado Croissant Sandwich — 9.80
Croissant, Egg Mayo, Avocado, Lettuce, Tomatoes

Tuna & Tartar Croissant Sandwich — 9.80
Croissant, Tomatoes, Red Onions, Egg, Lettuce, Tuna, Tartar Sauce

Avocado & Lox Bagel — 11.10
Smoked Salmon, Avocado, Cream Cheese, Onions, Tomatoes

Gammon Ham & Cheddar Cheese Ciabatta — 9.80
Baby Spinach, Bombay Red Onion, Tomatoes

Mexican Chopped Salad — 12.00
Mesclun Salad, Corn, Tomatoes, Onions, Avocado, Kidney Beans, Quinoa, Taco Chips, Red Onions, Apricot Vinaigrette

Detox Colour Bowl — 12.00
Kale, Red Cabbage, Garbanzo, Quinoa, Edamame, Cherry Tomatoes, Blueberry, Strawberry, Avocado, Walnuts, Goji Berry, Orange Balsamic Vinaigrette

Tofu & Tempeh Bowl — 12.00
Tofu, Tempeh, Organic Baby Spinach, Red Cabbage, Garbanzo, Cherry Tomatoes, Pumpkin Seeds, Sweet & Spicy Peanut Sauce

- Vegan
- Gluten Free
- Vegetarian

MAINS
11.30AM ONWARDS

Grilled Farm Chicken Chop — 10.90
French Fries, Mushroom Sauce, Coleslaw, Buttered Corn

Baked Baby Snapper — 12.00
Preserved Olive Rice, Braised Chinese Cabbage, Poached Farm Egg

Lentil Stew — 10.90
Assorted Vegetables, Sour Cream, Tortilla Chips

With any main course, enjoy our soup of the day for just $2.50.

SOUP OF THE DAY

Choice of Bread: Multigrain, Muesli, Sundried Tomato, Croissant — 6.50

ASIAN DELIGHT
11.30AM ONWARDS

Mon | Chicken Curry — 10.95
Potatoes, Jasmine Rice, Papadum

Tues | Tanglin Laksa — 10.95
Prawns, Cockles, Chicken, Fish Cake, Tau Pok, Bean Sprouts, Hard-Boiled Egg

Wed | Chicken Rice — 10.90
Poached Chicken, Chicken Rice, Cucumber, Soup

Thu | Nasi Goreng — 10.90
Sambal Fried Rice, Sunny Side-Up Egg, Chicken Satay, Archar

Fri | Prawn Noodle — 10.80
Prawns, Kang Kong, Fish Cakes, Prawn Soup

Sat | Fragrant Nasi Lemak — 9.70
Crispy Chicken Wing, Sunny-Side Up, Otah, Ikan Bilis, Roasted Peanuts

Sun | Mee Siam — 5.45
Beancurd, Ku Chai, Hard-Boiled Egg, Calamansi

Sun | Mee Siam with Prawns and Fish Cake — 11.75
Spicy Fried Rice Vermicelli, Sweet and Sour Light Gravy, Prawns, Fish Cakes, Hard-Boiled Egg, Ku Chai, Calamansi Lime, Fried Beancurd

COFFEE & TEA

NESPRESSO [hot/cold]

Americano	4.30	Double Espresso	6.40
Black Coffee	3.80	Espresso	4.30
Cappuccino	4.70	Mocha	5.80
Café Latte	4.90		
Chamomile	3.20	Moroccan Mint	3.20
Earl Grey	3.20	Oolong	3.20
English Breakfast	3.20	TWG TEA	3.20
Jasmine	3.20	Water Fruit Green Tea	3.20

SIGNATURE SMOOTHIES

Antioxidant Berries
Blueberry, Raspberry, Strawberry, Apple Juice, Ice

Green Giant 5.40
Avocado, Spinach, Apple Juice, Orange Juice, Ice

Banana Tropical
Banana, Fresh Milk, Ice, Whey Powder

Vitality
Mango, Strawberry, Pineapple Juice, Ice

Add-Ons :
Flax Seed +1.75 | Chia Seed +1.75
Whey Powder +2.85 | Yakult +0.75

CUSTOMISE DRINKS

Change to Fresh Juice +0.90 | Add more Fruits +0.90

Choices of Milk +0.55
Oat Milk | Soy Milk | Almond Milk | Low Fat Milk

Add-on
Avocado +1.65 | Spinach +0.90 | Strawberries +2.50 | Mix Berries +2.00

DAILY FRESH JUICES

Orange • Pineapple • Watermelon • Carrot • Green Apple

Regular 3.90 Pint 5.50

- Vegan
- Gluten Free
- Vegetarian