

Whether you are joining us for a quick coffee, a meal, or a sundowner, I hope you will sit back and enjoy the views and relaxed environment at this beautiful spot. Please appreciate that our food is freshly made and that time and care goes into bringing you healthy meals made with the best ingredients sourced locally. Wherever possible we buy from our local organic supplier or grow produce ourselves in our own TFF herb & veggie garden.

I hope you enjoy your time with us, thank you for dropping by.

Indi

Starters

Soup of the Day

Fresh, home-made soups bursting with the flavours of nourishing vegetables, served with toasted baguette. Please see the specials board for options.

Baby Bowl 10
Big Bowl 16

Cheesy Quesadillas

Tortilla, filled with our home-made spicy tomato sauce, melted cheese & mushrooms. 18
with Chicken 20

Bruschetta

Toasted slices of baguette topped with fresh tomatoes, diced and sauteed in balsamic vinegar. 16

Hummus & Sticks

A lemony traditional hummus with our subtle coriander twist. Served with carrot sticks & toasted baguette. 18

Salad Plates

Falafel Salad

Crisp, home-made falafel balls surrounded by our famous hummus, alongside a mixed house salad. 22

Quiche & Salad

See our daily specials board for the constantly changing options. Served with a portion of our mixed house salad. 25

Mediterranean Salad

Grilled vegetables tossed in spiced barley, served on a bed of lettuce and topped with cherry tomatoes, olives & a zesty dressing. 28

Roast Pumpkin Salad

Spicy roasted pumpkin, with crunchy broccoli & toasted seeds, served amongst mixed leaves, tomatoes & couscous with crumbled feta cheese. 28

Set Lunch

Includes: 35
-Starter portion of soup -Fresh Iced Lemon Tea
-Any Pasta dish (+Rm5 for Coffee/Tea)

Mains

The Topless Mexican Burger

Our home-made pattie on ciabatta, topped with chilli beans, melted cheese, sautéed onions & a dollop of TFF salsa. Served with sautéed potatoes & a small side salad.
Veggie Pattie | Chicken Pattie 30
Beef Pattie 34

The Fat Frog Rendang

Our version of the traditional Malaysian rendang, served with rice, an omelette & stir-fried local vegetables.
With Tempeh 22
With Chicken 28

Chicken Rotisserie

The hind quarter of a chicken, covered in herbs & roasted on a rotisserie to produce a crispy skin over tender meat. Plated with mashed potato & seasonal sautéed vegetables, and drizzled with a creamy pan sauce. 32

Fresh from the Sea

Fresh fish from the local market, seasoned, pan-fried, and accompanied in a Thai red curry sauce by grilled vegetables & steamed rice.
Please see the specials board for our fresh market catch & pricing.

Pastas

Spaghetti Aglio Olio

The simple, but oh so tasty classic Italian pasta dish, with a slight TFF twist. We add mushrooms, season with coriander & spice to your taste. 22

Pesto Linguine

Linguine, tossed in our home-made organic basil pesto, with sautéed mushrooms & grilled vegetables. 28

Lemongrass Chicken Linguine

Strips of chicken breast, pan fried in a lemongrass & ginger marinade and served on seasoned linguine. 28

Penne Primavera

Our most indulgent pasta; a lush, creamy sauce, filled with zucchini, capsicum, mushrooms, eggplant, black olives and fresh basil. 30

*Add chicken breast or beef sausage to any dish for Rm5

Desserts

Lemon Drizzle Cake

A light & fluffy cake with a balanced lemon flavour and a thin, crisp top, from an old family recipe. 10

Brownie Sundae

Warm homemade chocolate brownie under a scoop of vanilla ice cream, topped with thick caramel sauce. 14

Apple & Blackberry Crumble

The old British classic, with apple chunks & blackberries baked under a layer of crumble. 15

*Add a scoop of vanilla ice cream, made fresh on the island for Rm5

See our specials board for other options

Smoothies

17

Pina Colada

Pineapple juice, banana, coconut milk and honey.

Island Indulgence

Coconut water, coconut cream, mango, banana and honey.

Go Nuts & Bananas

Oats, banana, peanut butter and honey.

Hot Drinks

Organic Coffee (100% Arabica Bean)

Espresso 8
Macchiato | Americano 10
Latte | Cappuccino | Flat White 12
*Add Rm3 for a Double Shot

Tea

English Breakfast | Earl Grey | Green Tea
Selection of Fruit Teas 10

Hot Chocolate

A creamy cocoa drink, perfect on a rainy day. 14

All our coffee, Tea & Cocoa is Fair Trade

Beer & Wine

Tiger | Carlsberg 7
Asahi | Guinness 9
Corona 11
Hoegaarden 11
Warsteiner 11
Savanna 13
House Red | White Glass 17
Bottle 80

Juices

14

Pineapple & spinach

For bones and joints

Watermelon, lime & mint

All the antioxidants

Beetroot, apple, carrot & ginger

A great kick-starter

Plain Orange, Apple, Watermelon or Pineapple 10

Cold Drinks

San Pellegrino 15
Iced Lemon Tea 8
Fresh Lemonade 8
Iced Chocolate 14
Iced White Coffee 12
Iced Latte 15
Soft Drinks 5

Cocktails

15

Moscow Mule Penyet

A traditional Moscow Mule combination of Vodka & Ginger Ale, but with the added element of smashed fresh ginger to give it that extra kick.

Clásico Mojito

Expect the expected; the Cuban, rum-based favourite done right.

Maiden Island Iced Tea

We've toned down the Long Island version but it's by no means tame. Vodka, our own limoncello & cointreau liven up our popular homemade Iced Lemon Tea.

Lemon Daiquiri

Incredibly refreshing, this frothy, lemony rum cocktail goes down very easily. We'll give you a heads up when you've had 10 in case you lose count.

Single Malt Sour

On a Duty Free island there's no need to scrimp on alcoholic ingredients. Our whisky sour is made with single malt to make it the smoothest you'll find anywhere.

The Classic Pimm's

Convince your conscience that this is a healthy option with fresh fruits in your cocktail. Guilt-free consumption of the classic British summer beverage.

Irish Coffee

Irish whiskey is added to one of our organic Arabica Bean coffees to give you the best of both the worlds of caffeine and alcohol.