

INSIGHT

WTC COMMUNITY WEEKLY



What's New: ***Kopitiam***

Lau's Kopi
WTC 2 Retail Area

Early meetings? Casual meet-ups? Chances are, you've done it at a *kopitiam*.

A *kopitiam* or *kopi tiam* is a type of coffee shop popular in South East Asia. Menus typically feature simple offerings: a variety of foods based on egg, toast, plus coffee, tea, and Milo. Making it the perfect place for a quick and tasty breakfast.

Here at WTC you would not need to worry about your morning meal options. If you are craving for something to go along with your cup of coffee or tea, why not try the thick kaya toast at Toast Box? Their Asian Delights menu also offers a heavier and more fulfilling types of breakfast. Or maybe something more on-the-go like Subway sandwiches? Or perhaps you have tried our latest *kopitiam* addition, Lau's Kopi?

Whichever you choose, just remember to not skip it because breakfast is often described as the most important meal of the day, providing as it does sustenance and energy for whatever activities lay ahead. As nutritionist Adelle Davis famously put it back in the 1960s: "Eat breakfast like a king, lunch like a prince and dinner like a pauper."

Yours truly,
the community editor