

BREAKFAST



DAILY SPECIALS

Ask your waiter for today's selections

CEREAL

COLD

**corn flakes | raisin bran
all bran | bran flakes | granola
shredded wheat | special k
frosted flakes | rice krispies**

served with your choice of whole milk | skim milk
sliced banana | seasonal berries

bircher muesli

freshly made toasted oats,
raisins, fruit yogurt, apples,
oranges, bananas, honey

HOT

cream of wheat | oatmeal

served with your choice of honey, maple syrup, cinnamon powder, brown sugar, nut selection

JUICES

**orange | apple | tomato | v-8
cranberry | grapefruit
pineapple | prune**

BEVERAGES

freshly brewed coffee
regular | decaffeinated

**english breakfast tea
darjeeling tea | earl grey tea
assorted herbal teas
decaffeinated tea**

hot chocolate

milk
whole | skim

EXPRESS BREAKFAST

***scrambled eggs, crisp bacon**
hot toast, orange juice, freshly brewed coffee

EGGS & OMELETS

EGGS

***egg special**

***scrambled | *poached | *fried | *hard boiled | *soft boiled**

***eggs benedict**

***poached eggs, avocado toast ✓**

OMELETS

***plain | *cheese | *ham | *smoked salmon | *onion | *combination**

SIGNATURE OMELETS

***spanish ✓**

onions, potatoes, tomatoes, bell pepper, parsley

***western**

onions, ham, tomatoes, bell peppers, cheddar cheese

***fine herbs ✓**

parsley, chives, tarragon, chervil

***countryside**

potatoes, goat cheese, bacon, parsley, cheddar cheese

FROM THE GALLEY

HOT

***breakfast steak**

***grilled lamb chops**

***broiled kippers, sautéed onions**

COLD

***smoked salmon, cream cheese**

italian salami

prosciutto ham

assorted cold cuts

assorted cheese

SIDE DISHES

berner rösti ✓

hash browns ✓

grilled tomatoes ✓

sautéed mushrooms ✓

corned beef hash

broiled breakfast ham

canadian bacon

bacon rasher
regular | turkey

sausage link
pork | turkey

FROM THE GRIDDLE

pancakes ✓

plain | buckwheat blueberry | banana | pecan | swedish

waffles ✓

french toast ✓

FROM THE BAKERY

bakery special

**french croissant | brioche | pain au chocolat
danish pastries | assorted muffins | sticky bun
bread rolls | poulichette baguette | bagel**

toast

white | rye | whole wheat | sourdough | pumpernickel

served with assorted jams, orange marmalade, honey and butter



HEALTHY MORNINGS

smoothie special ✓

banana-oat pancake ✓

berries, maple syrup
[351/tr/4]

green apple muesli ✓

fresh almond mylk, pistachios,
pecans, yellow raisins
[289/4/6]

avocado toast ✓

rustic farmer's bread
[394/21/2]

***homemade mylk ✓**

roasted almond | cashew

FRUIT

assorted seasonal fruit ✓

[75/tr/1]

vanilla-infused fruit salad ✓

[94/tr/3]

grapefruit half ✓

[52/tr/2]

blueberry bowl ✓

banana, coconut, mango,
almonds, maple syrup
[260/10/2]

YOGURT

blueberry chia yogurt ✓

tropical granola
[220/12/1]

yogurt

chilled premium selection:
fruit | plain | greek

yogurt parfait

plain yogurt, fresh berries, granola,

FRUIT IN SYRUP

apricots | peaches | pears

kadota figs | prunes

✓ plant-based

✓ lacto-ovo vegetarian

[calories / fat grams / fiber grams]

Reflecting the holistic approach of the Aquamar Spa + Vitality Center, these exceptionally light, healthy and flavorful options are designed to nourish your body and support your wellness.