

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

*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

*keto

egg whites, smoked salmon, mushrooms, avocado, tomatoes, mozzarella, pancetta

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]

FRUIT

assorted seasonal fruit 🌱

[75/tr/1]

vanilla-infused fruit salad 🌱

[94/tr/3]

grapefruit half 🌱

[52/tr/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.