

## **HEALTHY BREAKFAST**

- Vegetable vitamins (carrot, tomato and celery)
- Seasonal fruit platter

Bread basket: Cereal bread and toasted whole wheat bread

Egg white omelette with tomato, Gouda cheese, mushrooms and onion

## **AMERICAN BREAKFAST**

- ♦ Fresh fruit juices: orange, pineapple, grapefruit, melon, watermelon and tomato with spices
- **é** 🛞 Seasonal fruit platter

Bread basket: white baguette bread, cereal bread, toasts, butter and jam

Pancakes with chocolate or strawberry sauce Or Eggs of your choice (fried, scrambled or omelette) with onion, ham, bacon, cheese, bell peppers, tomato

and mushrooms

These are healthy dishes which help in mantaining balanced diet
These are gluten free dishes

# A LA CARTE

#### **FRESH FRUIT JUICES**

- Orange, pineapple, grapefruit, melon, watermelon and tomato with spices
- • Red vitamins (strawberry, raspberry and melon)
- • Vitamin C (carrot, orange and lemon)

#### **FRESH FRUIT**

 Seasonal fruit platter: Honeydew, cantaloupe, pineapple, watermelon, papaya, orange

#### PASTRY

Basket of Danishes and sweet rolls: mini butter croissant, mini cream croissant, mini chocolate bread and mini chocolate cake

### BAKERY

Bread basket: white baguette bread, cereal bread, toasts, butter and jam

## PANCAKES. WAFFLES & MORE

Pancakes with chocolate or strawberry sauce

Pancakes with banana, peanut butter, Chantilly and topped with caramel

Waffles with maple syrup and crispy bacon

French toast with orange scented and wild berries compote

### CEREALS

All-Bran, Choco Krispies, Frosted Flakes, Granola, Corn Flakes, Bran Flakes, Special K or Müesli with nuts and dried fruit

### YOGURT

• With raisins, pecans, honey or homemade granola

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

- These are healthy dishes which help in mantaining balanced diet
- These are gluten free dishes
- This dish contains dairy and/or milk
- Number Whole Food Plant-Based option
- Chese are spicy dishes

# EGG MENU

Eggs of your choice (fried, scrambled or omelette) with onion, ham, bacon, bell peppers, tomato and mushrooms, served with homemade potatoes (roasted new potatoes, Fetta cheese and green onions)

Hardboiled egg wrapped in bacon, "au gratin" with a light Mornay Swiss cheese sauce

Poached eggs on wheat meal toast, spinach and glazed with Hollandaise sauce

Egg whites omelette with tomato, Gouda cheese, mushrooms and onion

# **MEXICAN BREAKFAST**

- Ranchero eggs: Your choice of eggs over corn tortilla, refried beans, Ranchera sauce and fresh cheese
  - Northern Mexico burrito Scrambled eggs, potato with chorizo, molcajete sauce

Motul Eggs, fried eggs over corn tortilla with refried beans, Ranchera sauce, fried plantain, green peas and cheese

 Chilaquiles, garnished of your choice: Chicken, fried eggs, red or green salsa

