

# 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]

### \*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.