

BREAKFAST



EXPRESS BREAKFAST

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

CEREAL

COLD

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

served with your choice of milk:
whole | skim and fresh fruit:
sliced banana | seasonal berries

bircher müsli

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

YOGURT & FRUIT

YOGURT

Chilled premium selection

fruit | plain | greek

yogurt parfait

fresh berries, granola, plain | greek

FRESH FRUIT

grapefruit half

assorted seasonal fruit

vanilla-infused fruit salad

FRUIT IN SYRUP

apricots | peaches | pears

kadota figs | prunes

EGGS & OMELETS

EGGS

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

***eggs benedict**

TODAY'S EGG SPECIAL

***waffle florentine**

spinach and potato waffle, bacon, poached eggs, cheese sauce gratinée

OMELETS

***plain | *cheese | *ham | *smoked salmon, onions | *combination**

SIGNATURE OMELETS

***spanish flat**

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**

***steamed finnan haddock**

***broiled kippers, sautéed onions**

COLD

***smoked salmon, cream cheese**

italian salami

prosciutto ham

assorted cold cuts, cheese

SIDE DISHES

berner rösti

hash browns

lyonnaise potatoes

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

french croissant | brioche | pain au chocolat | poulichette baguette

danish pastries | assorted muffins | crispy swedish rolls

assorted rolls basket | sliced normandy bread | bagel

toast

white | rye | whole wheat | sourdough | pumpernickel

served with assorted jams, orange marmalade, honey and butter

TODAY'S BAKERY SPECIAL

banana and warm chocolate waffle

warm sticky bun

CANYONRANCH

BALANCED SELECTION

orange juice

[65/tr/1]

plain low-fat yogurt

[65/1/2]

mixed berries

[25/tr/1]

french toast

walnuts, maple syrup

[260/10/4]

[calories / fat grams / fiber grams]

Following Canyon Ranch's healthy living choices for each meal ensures you will be nourished with a wide variety of fresh fruits and vegetables, healthy fats, whole grains and lean proteins.



SMOOTHIES

fresh made-to-order

banana | pineapple | papaya

mango | melon in season

TODAY'S SMOOTHIE SPECIAL

tropicana

pineapple juice, banana,
pineapple, coconut milk,
crispy rice, low-fat yogurt

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

milk

whole | skim

hot chocolate