

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

JUICE

**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

OCEANIA SIGNATURE EGG BENEDICT

***egg benedict**
 poached egg, bacon, hollandaise sauce

***egg benedict florentine**
 poached egg, creamed spinach, bacon, hollandaise sauce

***smoked salmon egg benedict**
 poached egg, smoked salmon, hollandaise sauce

EXPRESS BREAKFAST

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

EGGS

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

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

AVOCADO TOAST

classic avocado ✓
 avocado, rustic farmer's bread

***huevos** ✓
 avocado, poached egg, sundried tomato, pomegranate pumpkin seeds, rustic farmer's bread

GALLEY

COLD

***smoked salmon, cream cheese**

assorted cold cuts

assorted cheese

HOT

***breakfast steak**

***grilled lamb chops**

***broiled kippers**

SWEET TREATS

pancakes ✓
 plain | buckwheat blueberry | banana | pecan | swedish | chocolate chip

waffle ✓ | **french toast** ✓

SIDE DISHES

berner rösti ✓ | **hash browns** ✓ | **grilled tomatoes** ✓

sautéed mushrooms ✓ | **corned beef hash** | **canadian bacon**

bacon crispy | grilled | **turkey bacon** | **sausage link** pork | turkey

HEALTHY MORNING

smoothie of the day

banana-oat pancake ✓
 berries, maple syrup [351/tr/4]

green apple muesli ✓
 fresh almond milk, pistachios, pecans, yellow raisins [289/4/6]

blueberry chia yogurt ✓
 tropical granola [220/12/1]

yogurt

fruit | plain | greek

yogurt parfait

plain yogurt, fresh berries, granola

FRUIT

assorted seasonal fruit ✓
 [75/tr/1]

vanilla-infused fruit salad ✓
 [94/tr/3]

assorted berries ✓
 [75/tr/1]

sliced grapefruit ✓
 [52/tr/2]

FRUIT IN SYRUP

**apricots | peaches | pears
 kadota figs | prunes**

BAKERY

**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

✓ 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.