

THE
GRAND DINING
 ROOM

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 & OMELETS

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
 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.