

Breakfast

Hot and Crispy

Waffles and pancakes

with your choice of: mixed berries, whipped cream, maple syrup, stewed bananas or chocolate sauce

French toast

with cinnamon, sugar and maple syrup

Baked Just for You

Bread

white rolls, wholemeal rolls, sliced Pumpernickel, Dinkelbrot spelt bread, six-grain bread, mini baguettes, white and wholemeal toasts

Mini cakes

tartlets, wholemeal biscuits, assorted muffins

Selection of pastries

butter croissants, pain au chocolat, chocolate twists, raisin rolls, Berliners, mini doughnuts

Healthy Choice

The Fibre Harbour

Hot cereals

oatmeal, cream of wheat, grits;
brown sugar and raisins on request

Cereals

All Bran, Choco Krispies, Special K, corn flakes, Frosties, müsli, Rice Krispies

Birchermüsli

cereals, plain yogurt, apple, banana, seasonal berries, nuts and honey

Fruits and Yogurts

Fruit

fresh fruit salad, sliced fresh fruit, stewed apples, stewed prunes, fruit in syrup

Yogurt

assorted fruit flavours, plain, low-fat

Bread spreads

butter, margarine, preserves, honey

Kids' Menu

Buttermilk pancakes

with chocolate chips or banana

Assortment of muffins and mini croissants

Mini waffles

with wild berries or chocolate sauce, topped with whipped cream

Mini French toast

fried with egg and cinnamon

Scrambled eggs with cheese



MSC Express*

Fried or scrambled eggs, grilled sausages, crispy bacon, hash browns, sautéed mushrooms

Eggs and Omelets

Your choice of eggs to order*

sunny-side up or over-easy, scrambled, poached on toasted bread, boiled [for 3, 6 or 10 minutes]

Omelette with your choice of*

sautéed mushrooms, ham, cheese, onions, sweet peppers, smoked salmon

Omelette of the day*

ask your waiter for today's special omelette

Eggs Benedict*

poached eggs on toasted English muffins with Canadian bacon and hollandaise sauce

From the Sea

Smoked Norwegian salmon*

buttered toasts, onion rings, dill and capers

Rollmops*

pickled herring rolls

Grilled smoked herring*

From the Grill

Bacon - Sausages - Prague ham

On the Side

Vegetables

grilled tomatoes, sautéed champignons with garlic and parsley, baked beans

Potatoes

hash browns, ranchero

Cold and Cuts

Assorted cold cut plate

Parma ham, Prague ham, turkey, salami

Assorted cheese plate

Brie, Gouda, Emmental, provolone, Camembert, cottage cheese

Beverages

Hot drinks

espresso, cappuccino, caffè latte, American coffee, decaffeinated coffee, hot chocolate, selection of teas and infusions

Milk

whole milk, semi-skimmed milk, skimmed milk, soy drink and rice drink

Freshly squeezed citrus fruits

orange, grapefruit

If you have any allergy or sensitivity to specific foods, please notify our staff before ordering.
*Public Health advisory: Consuming raw or undercooked meats (poultry, beef, lamb, etc.), seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

MSC Cruises takes all possible precautions to ensure that the food offered to its guests is of the highest quality. Certain foods may have been frozen. These foods are defrosted using the most appropriate procedures that do not affect the organoleptic qualities of the products. We advise that eating raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. All menus are subject to change depending on product availability. The complete list of food ingredients from the menu items is available upon request. For low sodium diet please contact your Head Waiter or Restaurant Manager.