

Breakfast

Breakfast

Fruit and Yogurt

Fruit

fruit salad, half grapefruit, selection of fresh fruit, baked apples, stewed prunes, fruit in syrup

Yogurt

assorted fruit flavors, plain, low-fat

Jams and Preserves

fruit jams, low sugar jams, honey, salted or unsalted butter, margarine, peanut butter

The Fiber Harbor

Hot Cereals

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

Cold Cereals

Corn Flakes, Choco-Krispies, Frosted Flakes, Muesli, Rice Krispies, All-Bran, Froot Loops, Honey Loops

Birchermuesli

cereals, plain yogurt, apples, walnuts and honey

Breakfast Entrées

Eggs

Express Breakfast*

scrambled or fried eggs, pork link sausage, bacon and hash browns, served with toasted bread or freshly baked rolls and fruit juice

Your Choice of Eggs to Order*

sunny-side up, over easy, boiled, scrambled, or poached

Cheese & Mushroom Omelet*

Light Omelet with Egg Beaters*

prepared plain or with your choice of vegetables of the day

Griddle

Buttermilk Pancakes

whipped cream served with strawberries or blueberry sauce



Cold Dishes

Smoked Salmon, Bagel and Cream Cheese*

red onions, tomatoes and capers

Cold Cuts

salami, ham, mortadella, turkey

International Cheese Selection

ricotta, Gouda, Swiss cheese, mild provolone

On the Side

Hot Sides

crispy bacon, grilled ham steak, pork link sausage, turkey sausage

Vegetables and Potatoes

grilled tomatoes, roasted mushrooms, hash browns, sautéed potatoes, baked beans

Baked Just for you

Selection of Pastries

croissant, pain au chocolat, Danish, muffin, donut

Bread

white or whole wheat rolls, sliced white bread, pumpernickel, white, rye or whole wheat toasts, bagels, English muffins

Beverages

Hot Drinks

American coffee, decaffeinated coffee, hot chocolate, selection of teas and infusions

Milk

whole or skim

Juices

orange, pineapple, plum, V8, apple, cranberry, grapefruit, tomato

Kids' Menu

Strawberry Pancakes

Donuts

French Toast Sticks with Syrup

Scrambled Eggs with Cheese

Nutella-Stuffed French Toast

*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 scrupulous procedures that do not alter 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.

