

# Breakfast

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## *MSC Express*

### **Scrambled or fried eggs, pork link sausages and bacon\***

with hash brown potatoes, grilled tomato and sautéed mushrooms with garlic and parsley

## *Eggs and Omelettes*

### **Your choice of eggs to order\***

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

### **Scrambled eggs with cheese\***

### **Create your own omelette\***

bacon, ham, mushrooms, cheddar cheese, sweet peppers, spinach, tomato, onions, served with hash brown potatoes

### **Eggs Benedict\***

poached eggs on smoked ham and toasted English muffin, covered with Hollandaise sauce and cheese

### **Eggs Florentine\***

poached eggs on toasted English muffin, sautéed baby spinach, Mornay cream sauce

## *From the Sea*

### **Rollmops\***

pickled herring rolls

### **Grilled kippers\***

sautéed potatoes and lemon wedges

### **Smoked salmon\***

with onions, tomatoes, capers and lemon

## *On the Side*

### **Cold cuts**

salami, cooked ham, mortadella, turkey

### **Hot sides**

bacon, cooked ham, sausages

### **Vegetables and potatoes**

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

### **International cheese selection**

ricotta, Gouda, Emmental, mild provolone

## *Beverages*

### **Hot drinks**

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

### **Fruit juices**

orange, pineapple, ACE, grapefruit, tomato



## *Hot and Crispy*

### **Buttermilk pancakes**

#### **Belgian waffles**

your choice of toppings: mixed berries, whipped cream, syrup or chocolate topping

### **Cinnamon raisin French toast with syrup**

## *Baked Just for You*

### **Bread**

white rolls, wholemeal rolls, pumpernickel, sliced wholemeal or six-grain bread, baguette, toasted white and wholemeal bread

### **Selection of pastries**

croissants, pain au chocolat, assorted Danish, muffins, brioches with pearl sugar

## *The Fibre Harbour*

### **Hot cereals**

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

### **Cold cereals**

Corn Flakes, Choco-Krispies, Frosties, Müsli, Rice Krispies, All-Bran

### **Birchermüsli**

cereals, plain yogurt, apples, walnuts, and honey

## *Fruit and Yogurt*

### **Fruit**

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

### **Yogurts**

assorted fruit flavours, plain, fat-free

### **Bread spreads**

fruit jams, sugar-free preserves, honey, butter and margarine

## *Kids' Menu*

### **Chocolate chip or banana pancakes**

### **Assortment of muffins and mini croissants**

### **Mini waffles**

with wild berries or chocolate sauce, topped with whipped cream

### **Chocolate chip cookies**

### **Mini French toast**

fried with egg and cinnamon

\*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.

