

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 müesli

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

EXPRESS BREAKFAST

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

EGGS

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

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

HOT

***breakfast steak
 *grilled lamb chops
 *broiled kippers**

COLD

***smoked salmon, cream cheese
 assorted cold cuts
 assorted cheese**

SWEET TREATS

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

waffle ✓ | **french toast** ✓

SIDES

berner rösti ✓ | **hash browns** ✓ | **grilled tomatoes** ✓
sautéed mushrooms ✓ | **corned beef hash** | **canadian bacon**
bacon crispy | grilled | **turkey bacon** | **sausage link** pork | turkey

✓ 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.



HEALTHY MORNINGS

smoothie special

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

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

FRUIT

assorted seasonal fruit ✓
 [75/tr/1]

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

assorted berries ✓
 [75/tr/1]

sliced grapefruit ✓
 [52/tr/2]

YOGURT

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

yogurt
 fruit | plain | greek

yogurt parfait
 plain yogurt, fresh berries, granola

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