

the cosmopolitan ...

fresh fruit juices > orange ◦ grapefruit ◦ cranberry or apple
freshly baked morning viennoiseries
sarabeth jams ◦ marmalade
vermont honey ◦ butter
freshly brewed coffee or select teas

the contemporary ...

fresh fruit juices > orange ◦ grapefruit ◦ cranberry or apple
seasonal fruit ◦ plain yoghurt
toast ◦ sarabeth jams ◦ butter
choice of two eggs your style ◻
breakfast potatoes ◦ grilled vine tomatoes
choice of crispy slab bacon ◦ chicken or pork
freshly brewed coffee or select teas

the spa fitness ...

fresh fruit juices > orange ◦ grapefruit ◦ cranberry or apple
granola ◦ berries ◦ low fat yoghurt
egg white omlete ◦ scallion ◦ red pepper
grilled tomatoes ◦ green asparagus
freshly brewed coffee or selected teas

the japanese journey ...

miso soup ◦ tofu ◦ scallion
tamago japanese omelet
shio-yaki salmon
kagayaki sticky rice
tsukemono pickles ◦ seasoned nori
sencha green tea

breakfast specialties ...

atlantic smoked salmon ◻

toasted bagel & cream cheese
capers ◦ red onion ◦ chopped egg ◦ cucumber
lemon

2 organic fresh eggs or egg whites ◻

sunny side up ◦ poached ◦ or boiled
breakfast potatoes ◦ vine tomato ◦ toast

3 organic fresh eggs or egg whites ◻

omelet ◦ scrambled
choice of tomato ◦ onion ◦ scallions ◦ ham
cheddar or swiss cheese
toast

poached organic eggs benedict ◻

english muffin ◦ canadian bacon
hollandaise sauce
breakfast potatoes ◦ grilled vine tomato

belgian waffles

vermont maple syrup
add berries

buttermilk pancakes

vermont maple syrup
add berries

brioche french toast

vermont maple syrup
add berries

side breakfast meat

country ham ◦ crispy bacon
chicken or pork sausage

V suitable for vegetarian

◻These items may be served raw, undercooked or cooked to your specifications.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs, may increase your risk of food borne illness.

cereals ...

corn flakes ◦ **special k** ◦ **all-bran** ◦ **rice krispies**
shredded wheat ◦ **cocoa puffs** ◦ **frosted flakes**
cold milk ◦ whole ◦ skimmed ◦ low fat or organic soy milk

homemade granola ◦ **seasonal fruit**
organic plain yoghurt

traditional bircher muesli
mixed berries

mc cann's hot irish oatmeal
brown sugar ◦ raisins

yoghurts ...

organic farm plain ◦ low fat or fruit
low fat greek
add berries

viennoiseries ...

morning viennoiseries selection (3pcs)
sarabeth jams & marmalade ◦ vermont honey & butter

white ◦ **wheat & multigrain bread selection**
sarabeth jams & marmalade ◦ vermont honey & butter

choice of toasted bagel
cream cheese

morning muffins (3pcs)
corn ◦ bran & banana ◦ blueberry

fresh fruits ...

seasonal fruit plate

berries

ruby red grapefruit segments

hot beverages ...

coffee
cappuccino ◦ latte ◦ espresso macchiato
hot chocolate
espresso

french press

bourbon brazil
a varietal with depth and richness that
yields walnut, spice, and hints of chocolate

organic bean
ecologically sound and aromatic with
smooth, full-bodied, and mildly spicy
undertones

assorted teas

sencha ◦ floral jasmine ◦ oolong
earl grey ◦ vanilla rooibos ◦ assam
organic peppermint ◦ english breakfast

cold beverages ...

seasonal smoothie
orange ◦ grapefruit ◦ cranberry ◦ apple or carrot
soda

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