

CEREAL

COLD

all bran

corn flakes

frosted flakes

granola

raisin bran

rice krispies

shredded wheat

special k

served with your choice of whole milk | skim milk

müesli

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

BAKERY

french croissant

brioche

pain au chocolat

danish pastries

assorted muffins

bread rolls

baguette

bagel

toast

white | rye | whole wheat
sourdough

served with assorted jams, orange marmalade, honey and butter

EXPRESS BREAKFAST

*scrambled eggs, crisp bacon

hot toast, orange juice, freshly brewed coffee

EGGS

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

*egg benedict

poached egg, bacon, hollandaise sauce

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

GALLEY

COLD

*smoked salmon, cream cheese

assorted cold cuts

assorted cheese

HOT

*breakfast steak

*broiled kippers

SWEET TREATS

pancakes ✓

plain | buckwheat | blueberry | banana | pecan

waffle ✓

french toast ✓

FRUIT & YOGURT

assorted seasonal fruit 🌿

[75/tr/1]

yogurt

fruit | plain

fruit salad 🌿

[94/tr/3]

FRUIT IN SYRUP

apricots | peaches | pears | prunes

JUICE

orange | apple | tomato

cranberry | grapefruit

prune | v-8

BEVERAGES

freshly brewed coffee

regular | decaffeinated

english breakfast tea

darjeeling tea

earl grey tea

assorted herbal teas

decaffeinated tea

hot chocolate

milk

whole | skim

SIDE DISHES

baked beans ✓

hash browns ✓

grilled tomatoes ✓

sautéed mushrooms ✓

corned beef hash

broiled breakfast ham

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.

*Public Health Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions.