

### CHILLED JUICES

Orange, apple, cranberry and grapefruit (V, VE, GF)

### FROM THE BAKERY

Freshly baked artisan breads, rolls, bagel and gluten free options

Pastries Plain croissant (V) Chocolate croissant (V) Fruit Danish (V) Muffin (V)

### HEALTHY OFFERINGS

Sliced fruits, daily fruit salad (V, VE, GF)

Compotes and stewed fruits (V, VE, GF)

**Cereal selection:** Corn Flakes, Raisin Bran, Rice Krispies, All-Bran, Bran Flakes, Frosted Flakes, Cocoa Krispies, Special K, Weetabix

Porridge (V)

Bircher muesli (V)

**Toppings:** brown sugar, raisins, dried cranberries, almonds, chopped walnuts, cinnamon

Assorted natural and fruit yogurts

### FROM THE DELI

Hand carved cooked ham (GF)

Smoked salmon (GF) Lemon, capers, red onion and sliced tomato

Cottage cheese, cream cheese (V, GF)

### BEVERAGES

A selection of teas and herbal teas, freshly brewed regular or decaffeinated coffee and hot chocolate. Milk, skimmed milk, soya milk and hot milk

### SPECIALITY BEVERAGES

Espresso 2.10 Latte 2.40 Flat white 2.40 Cappuccino 2.40

### A LA CARTE MENU

#### TRADITIONAL ENGLISH BREAKFAST

Fried, boiled, scrambled or poached eggs\* (V, GF), Back bacon, pork sausages, black pudding  
Grilled tomato, Sautéed mushrooms, Baked beans, Sautéed potatoes (V, GF)  
hash browns (V) Fried bread (V)

#### OMELETTES

Plain omelette (V, GF) Diced ham (GF) Cheddar (GF)

#### EXPRESS BREAKFAST

Scrambled egg, back bacon, pork sausage, baked beans (V, GF), grilled tomato (V, GF), fried bread (V)

(V) Vegetarian (GF) Gluten-free (GO) Gluten free option available (VE) Vegan (VO) Vegan option available

\*All our food and drinks are prepared in environments that use ingredients containing allergens and gluten and there is a risk that traces may be found in prepared items. If you are sensitive to allergens and/ or have intolerances, please speak to your Waiter who will advise you of the menu options available to you. While all the food we serve on board is prepared to the highest health and safety standards, public health services have determined that consuming uncooked or partially cooked meats, poultry, fish, eggs, milk and shellfish may increase your risk of foodborne illness, especially if you have certain medical conditions.