

Kids' Menu

- Buttermilk pancakes**
with chocolate chips or banana
- Mini waffles**
with wild berries or chocolate sauce,
topped with whipped cream
- Mini French toast**
fried with egg and cinnamon
- Assortment of muffins
and mini croissants**
- Chocolate chip cookies**
- Scrambled eggs with cheese**

Healthy Choice

The Fibre Harbour

- Hot cereals**
oatmeal, cream of wheat, grits
[brown sugar and raisins on request]
- Cereals**
All Bran, Choco Krispies, Special K,
corn flakes, Frosties, müsli, Rice Krispies
- Birchermüsli**
cereals, plain yogurt, apple, banana,
seasonal berries, nuts and honey
- Fruit and Yogurt**
- Fruit**
fresh fruit salad, sliced fresh fruit,
stewed apples, stewed prunes,
fruit in syrup
- Yogurt**
assorted fruit flavours, plain, low-fat
- Bread spreads**
butter, margarine, marmite, preserves,
honey

Beverages

- Hot drinks**
espresso, cappuccino, caffè latte,
American coffee, decaffeinated coffee,
hot chocolate, selection of teas
and infusions
- Milk**
whole milk, semi-skimmed milk,
skimmed milk, soy drink and rice drink
- Freshly squeezed citrus fruits**
orange, grapefruit

Hot and Crispy

- Waffles and pancakes**
with your choice of: mixed berries, whipped cream, maple syrup, stewed bananas
or chocolate sauce
- French toast**
with cinnamon, sugar and maple syrup

Baked Just for you

Selection of pastries, mini cakes, bread

MSC Express

Fried or scrambled eggs, bangers, back bacon*
hash brown potatoes, grilled tomato, sautéed mushrooms, baked beans

Eggs and Omelettes

- Your choice of eggs to order***
sunny-side up or over-easy, scrambled, poached on toasted bread, boiled
[for 3, 6 or 10 minutes]
- Eggs Benedict***
poached eggs on toasted English muffins with Canadian bacon
and hollandaise sauce
- Eggs Florentine***
poached eggs on toasted English muffin, sautéed baby spinach,
Mornay cream sauce
- Omelette with your choice of***
sautéed mushrooms, spinach, asparagus, onions, tomatoes, sweet peppers,
cheddar cheese, ham, smoked salmon
- Omelette of the day***
ask your waiter for today's special omelette

From the Grill

**English bacon, Canadian bacon, American bacon, Prague ham,
pork link or turkey sausages, bangers, black pudding**

From the Sea

- Smoked Norwegian salmon***
buttered toasts, onion rings, dill and capers
- Rollmops***
pickled herring rolls
- Grilled kippers***
sautéed potatoes and lemon wedges

On the Side

- Vegetables**
grilled tomatoes, plum tomatoes, sautéed champignons, baked beans
- Potatoes**
hash browns, ranchero

Cold Cuts and Cheese

- Assorted cold cut plate**
Parma ham, Prague ham, turkey, salami
- Assorted cheese plate**
Camembert, Gouda, Emmental, English cheddar, stilton, cottage cheese

* If you have any allergy or sensitivity to specific foods, please notify our staff before ordering.
*Public health advisory: Consuming raw or undercooked meats (poultry, beef, lamb, pork, etc.), seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.