

### 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 yoghurts

### 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

### COFFEE

Espresso Latte Flat white Cappuccino

### 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.

### DAILY SPECIALS

#### MONDAY

**Buttermilk pancakes** (V) Blueberry compote  
**Smoked Salmon Scrambled eggs**, sourdough toast

#### TUESDAY

**French toast** (V) Cinnamon sugar  
**Eggs Benedict\*** Ham and hollandaise sauce

#### WEDNESDAY

**Buttermilk pancakes** (V) Strawberry compote  
**Corned beef hash\*** With a fried egg

#### THURSDAY

**French toast** (V) Mixed fruit  
**Poached kippers** (GF) Lemon butter sauce

#### FRIDAY

**Buttermilk pancakes** (V) Blueberry compote  
**Sourdough toast** Crushed avocado, streaky bacon

#### SATURDAY

**French toast** (V) Cinnamon sugar  
**Eggs Florentine** (V) Spinach and hollandaise

#### SUNDAY

**Buttermilk pancakes** (V) Strawberry compote  
**Ham and cheese croissant** Fresh fruit

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