

1. CONTINENTAL 35

Fruit or Vegetable Juice:

Freshly Squeezed Orange, Green or Red Apple, Watermelon, Carrot or Celery

Choice of Cereal:

All Bran, Cornflakes, Honey Oats with Strawberries, Special K, Granola or Cocoa Pebbles (Gluten-Free) with Fresh Milk, Low-Fat Milk, No-Fat Milk or Soy Milk

Choice of Yoghurt:

Natural, Strawberry, Blueberry, Raspberry, Rhubarb or Lemon Curd

Selection of three:

White or Whole Wheat Toast, Baguette, Danish Pastry, Croissant, Breakfast Muffin, Soft Roll, Multi-Grain or Rye Bread with Honey, Marmalade, Preserves & Butter

Sliced Seasonal Fresh Fruit

Freshly Brewed Coffee or Tea

2. AMERICAN  46

Fruit or Vegetable Juice:

Freshly Squeezed Orange, Green or Red Apple, Watermelon, Carrot or Celery

Two Organic Eggs, any style:

Fried, Scrambled, Poached, Boiled or Omelette

with Hash Browns, Molasses Baked Beans & Vine-ripened Tomato

Choice of Applewood-smoked Bacon, Grilled Ham, Chicken or Pork Sausages

Choice of three fillings for Omelette:

Parma Ham, Smoked Salmon, Honey Ham, Bell Peppers, Fresh Herbs, Mushrooms or Cheese

Selection of three:

White or Whole Wheat Toast, Baguette, Danish Pastry, Croissant, Breakfast Muffin, Soft Roll, Multi-Grain or Rye Bread with Honey, Marmalade, Preserves & Butter

Sliced Seasonal Fresh Fruit

Freshly Brewed Coffee or Tea

3. ENGLISH  44

Fruit or Vegetable Juice:

Freshly Squeezed Orange, Green or Red Apple, Watermelon, Carrot or Celery


Two Soft Poached Organic Eggs on Toasted English Muffin with Pork Sausages, Hash Browns, Molasses Baked Beans & Vine-ripened Tomato

Toasted Bread or Sautéed Button Mushrooms

Fresh Pink Grapefruit or Baked with Demerara Sugar

Freshly Brewed Coffee or Tea



4. CHINESE   44

Hot or Chilled Soy Milk

Choice of Plain, Chicken or White Fish Rice Congee
with Century Egg, Dough Fritter, Crispy Bee Hoon, Preserved Vegetables,
Spring Onions, Ginger & Crispy Shallots

Chicken Char Siew Pau, Pork Siew Mai & Har Gau

Sliced Seasonal Fresh Fruit

Freshly Brewed Coffee or Tea

5. JAPANESE  47

Fruit or Vegetable Juice:

Freshly Squeezed Orange, Green or Red Apple, Watermelon, Carrot or Celery

Grilled Salmon, Egg Roll Omelette, Steamed Rice, Miso Soup with Tofu & Seaweed
with Natto Beans, Pickled Vegetables & Furikake (Dry Seasoning)

Sliced Seasonal Fresh Fruit

Freshly Brewed Coffee or Japanese Sencha

6. HEALTHY START  38

Smoothie:

Banana, Strawberry, Peach or Mango

Three Organic Egg White Omelette with chives

Low-Fat Breakfast Muffin or Wheat Toast

Low-Fat Cottage Cheese, Bircher Muesli, Fresh Berries & Nuts

Freshly Brewed Coffee or Tea



Sustainable Seafood



Seafood



Beef



Pork



Vegetarian



Alcohol



Spicy