

BREAKFAST A LA CARTE

"WHEN YOU WAKE UP IN THE MORNING, POOH," SAID PIGLET AT LAST, "WHAT'S THE FIRST THING YOU SAY TO YOURSELF?"

"WHAT'S FOR BREAKFAST?" SAID POOH. "WHAT DO YOU SAY, PIGLET?"

"I SAY, 'I WONDER WHAT'S GOING TO HAPPEN EXCITING TODAY?'" SAID PIGLET.

POOH NODDED THOUGHTFULLY. "IT'S THE SAME THING," HE SAID."

— A.A. MILNE

At The Nautilus, we believe that breakfast should take place whenever you're ready for it – and the exciting adventures that follow. The following pages highlight our selections and you're welcome to design your favorite breakfast as you wish.

yoghurt and cereals

plain or fruit **yoghurt**: strawberry | mango | coconut | berry | pineapple | passionfruit

cereals: homemade granola | cornflakes | rice bubbles | all bran | dry muesli | coco pops | weetabix | berry multi grain  | berry granola  | cacao-orange the wild 

milk

soy | rice | almond | lacto free | oat | labneh
cow's milk: full fat | semi-skimmed | skimmed

in the bowl

rolled oatmeal grain **porridge** with pear chutney and cinnamon mousse 

coconut **porridge** with banana and mixed berries 

fresh mixed **berries** 

tropical **fruit plate** 

savouries

sesame seed **bagel** with smoked **salmon** and herb cream cheese

two farm fresh **eggs** as you please: fried, scrambled, omelette, poached or benedict

egg white **frittata**: asparagus, ricotta, grilled peppers, potatoes, tomato fondue 🌿

cheese platter: a baby mozzarella, gorgonzola, reblochon, st maure, comte, ossau iraty, served with nuts and chutney 🌿

charcuterie: prosciutto di parma, french salami, black forest ham, lyoner sausage, honey ham and mortadella served with condiments 🍷

selection of smoked and marinated **delicacies**: smoked salmon, salmon gravelax, mackerel, herring and haddock with condiments

sushi and **sashimi** plate with confit ginger, wasabi, soy sauce

chinese **congee**: shredded chicken, hard-boiled egg, spring onion, fried shallot, sesame oil 🌿

sweets

belgian waffles with seasonal berries, banana, icing sugar 🌿

gluten free buckwheat waffles with banana and berries 🌿🌾

buttermilk pancakes, plain or with seasonal tropical fruit chutney and coulis 🌿

brioche french toast with roasted apple caramel, mascarpone cream 🌿

pastry basket: a selection of daily baked assorted pastries 🌿

bread basket: a selection of daily assorted breads and toast 🌿

sides

pork bacon | beef bacon

pork sausage | veal sausage | chicken sausage | german ring sausage 🌿🐷 | lyoner
sausage 🌿🐷 | lamb sausage

vegetable curry | hash brown potatoes | baked beans | tomato & mushroom fricassée
| steamed jasmine rice | coconut sambal 🌿