

# ◆ BREAKFAST Menu ◆

## ✓ BREAKFAST SELECTION @SEA . . . FL. 45,50

WHITE AND BROWN LOAF BREAD, CROISSANT, PASTRY, YOUNG AND OLD CHEESE, GAMMON, BUTTER, JAM, FRIED OR SCRAMBLED EGGS, FRESH FRUIT, YOGURT, GRANOLA, HONEY, FRESH ORANGE JUICE AND UNLIMITED COFFEE OR TEA

- PER INGREDIENT +FL 3.50: SMOKED SALMON, SERRANO HAM, NUT MIX

## ✓ FRIED EGGS . . . . . FL. 17,50

SERVED ON WHITE OR BROWN LOAF BREAD

- PER INGREDIENT +FL 2,-: CHEESE, BACON, HAM

## ✓ OMELETTE PLAIN . . . . . FL. 17,50

**HAM & CHEESE . . . . . FL. 21,50**

**VEGGIES, HAM & CHEESE FL. 24,50**

SERVED ON WHITE OR BROWN LOAF BREAD

## ✓ BAGEL SMOKED SALMON . . . . . FL. 29,50

WITH RED ONION, AVOCADO, CAPERS AND CREAM CHEESE

## ✓ BAGEL CAPRESE . . . . . FL. 29,50

MOZZARELLA, PESTO, CHERRY TOMATO, NUT MIX AND BALSAMIC DRESSING

## ✓ BAGEL SERRANO HAM . . . . . FL. 26,50

WITH CREAM CHEESE, ALMOND FLAKES AND ARUGULA

## ✓ PANINI HAM & CHEESE . . . . . FL. 15,75

WHITE OR BROWN GRILLED PISTOLET WITH HAM, CHEESE AND KETCHUP

## ✓ AREPA DI PAMPUNA. . . . . FL. 17,75

TWO LOCAL PUMPKIN PANCAKES WITH RAISINS AND SYRUP OR HONEY

## ✓ TWO CROISSANTS . . . . . FL. 15,50

SERVED WITH SCRAMBLED EGGS, JAM, CHEESE AND BUTTER

## ✓ AVOCADO TOAST PLATTER . . . . . FL. 34,50

THREE AVOCADO TOASTS: ONE WITH BEET HUMMUS, GOAT CHEESE, PECAN AND HONEY. ONE WITH MANGO SALSA AND ALMOND CRUNCH. AND ONE WITH SMOKED SALMON, CUCUMBER, NORI AIOLI AND SESAME

- CHOICE OF WHITE OR BROWN LOAF BREAD

## HEAVEN IN A BOWL

## ✓ QUINOA SALAD . . . . . FL. 29,50

WITH SWEET POTATO, AVOCADO, SPRING ONION, BOILED EGG, CRISPY CHICKPEAS, BABY SPINACH AND NUT DRESSING

## ✓ CHIA BOWL COCONUT . . . . . FL. 24,50

CHIA, COCONUT, BANANA, BLUEBERRIES, AND PECAN

## ✓ CHIA BOWL TROPICAL GREEN . . . . FL. 24,50

CHIA, ALMOND, SPINACH, KIWI, MANGO AND ORANGE

## ✓ FRUIT SALAD BOWL . . . . . FL. 18,75

MELON MIX, PINEAPPLE, GRAPE, APPLE AND BANANA

## ✓ YOGURT BOWL . . . . . FL 19,50

YOGURT WITH FRUIT SALAD, MUESLI AND HONEY

- ADD: NUT MIX +FL 3,50

## FEELING FRUITY, GET A SMOOTHIE

## ✓ GINGER SMOOTHIE. . . . . FL. 22,50

GINGER, ORANGE, PINEAPPLE, CELERY AND SPINACH

## ✓ HEART BEET SMOOTHIE. . . . . FL. 22,50

BEET, CARROT, ORANGE, APPLE AND ROMAINE LETTUCE

## ✓ FLAT BELLY SMOOTHIE. . . . . FL. 22,50

SPINACH, PINEAPPLE, RASPBERRY, BANANA AND ALMOND MILK

*De Heeren*  
@ sea

✓ (CAN BE REQUESTED) VEGETARIAN | WIFI: SCUBALODGE GUEST - PASSWORD: DIVING@SCUBA