

BEVERAGES

COFFEE Regular Decaffeinated Espresso Cappuccino

SERVED WITH Milk Skimmed Milk Soy Milk Half & Half

MILK Whole Milk Skimmed Milk Soy Milk Chocolate

SERVED Hot Cold

TEA English Breakfast Earl Grey

Herbal Caffeine-free

SERVED WITH Milk Skimmed Milk Lemon Wedges Honey

JUICES Orange Grapefruit Apple Pineapple

Tomato V8 Prune Cranberry

 Daily Fruit or Vegetable Vitamix Blend

FROM THE BAKERY

BREADS French Wheat White Roll

Bagel English Muffin Rye Crisp Bread

Pumpernickel Gluten-free Bread

SERVED Toasted WITH Preserves

Cold Cuts Assorted Cheeses

Bagel with Cream Cheese,

Smoked Salmon* and Onion Rings

 Multi-grain and Fresh Juice-sweetened Muffin

FROM THE PASTRY

Croissants Pains au Chocolat

Danish Pastries Muffins Assorted

PANCAKES Plain Buckwheat Blueberry Banana

WAFFLES Plain with Fresh Strawberries and Cream

Rye French Toast on a Mango and Strawberry Mosaic
with Acacia Honey

FROM THE GROVE

SLICED FRUIT Melon Banana Pineapple

Mango Citrus Assorted

 Grilled Peaches Topped with Fresh Honey

FROM THE DAIRY

YOGHURT Plain Fruit Berry

SERVED WITH Granola and Fresh Berries

 Daily Vitamix Low-fat Milk Smoothie

FROM THE PANTRY

CEREALS Corn Flakes Raisin Bran Special K

All Bran Muesli Shredded Wheat Oatmeal Porridge

SERVED WITH Milk Skimmed Milk Soy Milk

Plain Yoghurt Fruit Yoghurt

Dried Fruit Fresh Fruit

 Breakfast Couscous with Honey and Dates

FROM THE GRIDDLE

Eggs* Egg Beaters*

SERVED Scrambled* Fried* Poached* Boiled* Benedict*

WITH English Bacon Canadian Bacon Link Sausage

Corned Beef Hash

Grilled Tomato Baked Beans Hash Brown

Full English Special*

OMELETTE* Plain Ham Cheese Herbs

Mushrooms Onions Peppers

SOUFFLÉ WITH Bacon and Spinach Artichoke and Spinach

 Cumin-scented Egg-white Omelette Florentine*

*At Silversea Cruises, we take maximum food precautionary measures to ensure the safest quality product is offered to our Guests; the United States Public Health Service advises that consuming raw or undercooked meats, seafood, shellfish, eggs, milk, or poultry may increase your risk of food-borne illness, especially if you have certain medical conditions.