

PRINCESS GRILL

Breakfast

CHILLED JUICES

Choice of Fresh Orange, Fresh Grapefruit, Cranberry, Apple, Prune, Pineapple, Tomato, V8

FRESH FRUIT & COMPOTE

Half Sectioned Grapefruit

Fresh Melon Platter

 Fresh Fruit Salad 65/0/2

Tropical Fruit Plate with Low-Fat Yoghurt or Cottage Cheese

Seasonal Berries & Cream

Compote of Stewed Prunes, Grapefruit Segments & Kadota Figs

HOT & COLD CEREALS

Choice of Oatmeal, Cream of Wheat,

Choice of Corn Flakes, All Bran, Raisin Bran, Special K, Rice Crispies, Total, Shredded Wheat, Swiss Muesli, Alpen, Weetabix

YOGHURTS & SMOOTHIES

Choice of Plain or Mixed Fruit Available as Regular, Low-Fat or Non-Fat

Strawberry/Banana Smoothie

FRESH FROM THE BAKERY

Croissants, Brioche, Assorted Danish Pastries, French Bread, All Bran & Blueberry Muffins, Toasted English Muffins,

Toasted Bagels, White & Whole Wheat Toast, Rye Bread, Pumpernickel, White Rolls, Banana Bread

 Fruit Crisp 160/3/3

PRESERVES & SPREADS

Orange Marmalade, Strawberry, Blackberry, Apricot, Cherry, Honey, Peanut Butter

PANCAKES & WAFFLES

Blueberry Pancakes with Pure Maple Syrup

 Whole Wheat or Buttermilk Pancakes with Pure Maple Syrup 315/7/2

Golden Waffles with Fresh Fruit & Maple Syrup

French Toast

BREAKFAST ENTRÉES

Fried Eggs, English Bacon, Mushrooms, Wiltshire Sausage, Baked Beans, Grilled Tomato, Sautéed Potatoes

Scrambled Eggs, American Bacon, Corned Beef Hash, Link Sausages, Hash Brown Potatoes

Omelette with Ham, Cheese & Mushrooms

 Egg White Omelette with Onions, Peppers, Tomato & Cheese 140/7/1

Eggs Benedict on English Muffin & Canadian Bacon with Hollandaise Sauce

Shirred Eggs with Sevruga Caviar

Toasted Bagel with Smoked Salmon, Crème Cheese, Red Onion & Capers

Grilled Scottish Kippers with Sautéed Potatoes

Smoked Finnan Haddock with Melted Butter

Petit Fillet Mignon with Fried Eggs & Hash Brown Potatoes

Lamb Chop with Open-Faced Vegetable Omelette

(Please ask your server for low cholesterol egg alternatives)

ASSORTED COLD CUTS & CHEESE

Black Forest Ham, Smoked Turkey, Roast Beef, Italian Salami, Liver Pâté,

Cheese – Emmentaler, Camembert, Cottage, Cream, Blue

 Indicates dishes created & recommended by Canyon Ranch SpaClub Nutrition Key : Calories / Fat Grams / Fiber Grams