

◆ 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