

—FiL Rouge—

BREAKFAST MENU

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Plant Based (PB) *Vegetarian* (VG) *Organic* (O)
Gluten Conscious (GC) *Omega 3 Oily Fish* (O3)

In case of any food allergy, allergens queries, or dietary requirements, please inform our Hosts before ordering.

BREAKFAST MENU

HOT BEVERAGES

illy freshly brewed coffee
Regular or decaffeinated

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Regular or decaffeinated

illy espresso / cappuccino / latte

Teas by Palais des Thés, France
Selection of teas and herbal teas

Weiss hot chocolate

MILK

Whole or skimmed milk, warm / cold

Oat mylk / Soy mylk (PB) (GC)

Homemade almond mylk (PB) (GC)

Homemade cashew mylk (PB) (GC)

JUICES

Rise & Shine (PB) (GC)
Orange, carrot, apple, beet, ginger, turmeric

Freshly squeezed orange
(subject to availability)

Organic apple / pineapple /
grapefruit / cranberry / tomato / prune

SMOOTHIES

Sun Salutation (PB) (GC)
Cashew mylk, banana, dates, vanilla

Vitamin Sea (PB) (GC)
*Almond mylk, red berries, pineapple,
orange juice, banana*

PLANT-BASED ENERGY

Chia pudding
Mango or raspberry coulis

Homemade chia
and cashew yoghurt (PB) (GC)
*Your choice of topping: Coconut / Blueberry
/ Sesame / Granola / Pumpkin seeds*

Swiss Bircher muesli (PB) (GC)
*Freshly made toasted oats, almond mylk,
apples, bananas, raisins, pistachios,
pecan nuts, maple syrup*

YOGHURT

Plain yoghurt

Premium selection of fruit yoghurts

Premium selection of Greek yoghurts

Low-fat yoghurt

FRUIT CORNER

Seasonal fruit plate /
Grapefruit, half / Stewed prunes

Fresh fruit salad (PB) (GC)
Plain or with sweet cashew cream

Steamed apple compote (PB) (GC)
Granola, berries, almond mylk

CEREAL

Bran flakes

Special K / Frosted flakes/ Rice Krispies

WARM CEREAL

Oatmeal (GC)
*Your choice of: Honey / Maple syrup / Cinnamon
/ Brown sugar / Walnuts / Pecan nuts*

BREAKFAST MENU

EGGS & OMELETS

Eggs* (GC)

*Scrambled / Sunny side up / Over easy /
Soft boiled / Hard boiled / Poached*

Compose your own omelet (GC)

Plain / Smoked salmon / Swiss cheese / Herbs /
Ham / Ham & cheese / Fine herbs*

FIL ROUGE *Signature*

*Toasted French brioche, creamy spinach,
poached egg*, yuzu Hollandaise, Baeri caviar**

Today's egg special

Please ask your Host

TOFU

Scrambled tofu (PB) (GC)

Tomatoes, red onions, turmeric

CULINARY DELIGHTS

Avocado toast (PB)

*French farmer bread, avocado, sundried
tomatoes, Espelette pepper*

Smoked salmon* (GC) (O3)

Cream cheese, capers, red onions

Prosciutto, sliced

Premium York ham, sliced

Salami, sliced

European cheese plate

FROM THE GRILL

Grilled minute steak*

Grilled lamb chops*

SIDE DISHES (GC)

Swiss rösti potatoes / Grilled tomato

Sautéed mushrooms / Bacon

Link pork or chicken sausages

FRENCH BOULANGERIE

Baguette de tradition / French farmer loaf

English muffin / Homemade bagel

French toast, *maple syrup*

Croissant / Chocolatine

Brioche / Blueberry muffin

Toast

White / whole wheat / rye

SWEETS

All served with maple syrup on the side

Signature banana pancakes (PB) (GC)

*Banana, oat mylk, oats,
maple syrup, pecan nuts*

Pancakes

*Plain / buckwheat / blueberry /
banana / pecan nuts*

Belgian waffles

French toast

PRESERVES

Selection of jams by Francis Miot M.O.F
Confiturier, France

Strawberry / Orange / Blackberry / Apricot

SPREADS AND NUTS

Honey / Cream cheese

Weiss hazelnut chocolate paste

Pecan nuts / Walnuts

**Public Health Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase
your risk for foodborne illness, especially if you have certain medical conditions*

