

FreestyleTravelers.com

## Kids' Menu

### Buttermilk Pancakes

with chocolate chips or banana

### Assortment of Muffins and Mini-Croissants

### Mini Waffles

served with berries or chocolate sauce, topped with whipped cream

### Mini French Toast

fried with egg and cinnamon

### Scrambled Eggs with Cheese

## Healthy Choice

### The Fiber Harbor

### Hot Cereals

oatmeal, cream of wheat, grits  
[brown sugar and raisins on request]

### Cereals

All Bran, Choco Krispies, Special K, corn flakes, Frosties, müsli, Rice Krispies

### Birchermüsli

cereals, plain yogurt, apple, banana, seasonal berries, nuts and honey

### Fruit and Yogurt

### Fruit

fresh fruit salad, sliced fresh fruit, stewed apples, stewed prunes, fruit in syrup

### Yogurt

assorted fruit flavors, plain, low-fat

### Bread Spreads

butter, margarine, jams, honey

## Beverages

### Hot Drinks

espresso, cappuccino, caffè latte, American coffee, decaffeinated coffee, hot chocolate, selection of teas and infusions

### Milk

whole milk, semi-skim milk, skim milk, soy drink and rice drink

### Freshly Squeezed Citrus Fruits

orange, grapefruit

## Hot and Crispy

### Waffles and Pancakes

with your choice of: mixed berries, whipped cream, maple syrup, stewed bananas or chocolate sauce

### French Toast

with cinnamon, sugar and maple syrup

## Baked Just for you

### Bread

white rolls, whole wheat rolls, sliced pumpernickel, dinkelbrot, six-grain bread, mini baguettes, white and wholemeal toasts

### Mini Cakes

tartlets, whole wheat cookies, assorted muffins

### Selection of Pastries

butter croissants, pain au chocolat, chocolate twists, raisin Danish rolls, Berliners, mini donuts

## MSC Express\*

**Fried or scrambled eggs, grilled sausages, crispy bacon, hash browns, sautéed mushrooms\***

## Eggs and Omelets

### Your Choice of Eggs to Order\*

sunny-side up or over-easy, scrambled, poached on toasted bread, hard-boiled [for 3, 6 or 10 minutes]

### Omelet with Your Choice of\*

sautéed mushrooms, ham, cheese, onions, bell peppers, smoked salmon

### Omelet of the Day\*

ask your waiter for today's special omelette

### Eggs Benedict\*

poached eggs on toasted English muffins with Canadian bacon and hollandaise sauce

## From the Grill

**Bacon - Sausages - Prague Ham**

## From the Sea

### Smoked Norwegian Salmon\*

buttered toasts, onion rings, dill and capers

### Rollmops\*

pickled herring rolls

### Grilled Smoked Herring\*

## On the Side

### Vegetables

grilled tomatoes, sautéed mushrooms with garlic and parsley, baked beans

### Potatoes

hash browns, ranchero

## Cold Cuts and Cheese

### Assorted Cold Cut Plate

Parma ham, Prague ham, turkey, salami

### Assorted Cheese Plate

Brie, Gouda, Swiss Cheese, Provolone, Camembert, Cottage Cheese

If you have any allergy or sensitivity to specific foods, please notify our staff before ordering.

If you require a special diet please ask our Restaurant Manager one day in advance.

\*Public Health advisory: Consuming raw or undercooked meats (poultry, beef, lamb, pork, etc.), seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.