

# Breakfast

## Mediterranean buffet selection

### Beverages

Still Water

Sparkling Water

Fresh Orange Juice

Weekly Detox Juice

Coffee

Infusions / Herbal Teas

Cola Cao (Spanish chocolate drink)

Cava

Milk: whole / skimmed / soy / almond / lactose-free

Bowl of sugar and sweetener on the table

### Bread

Rustic Country-Style Toast

Sliced Sandwich Bread

Bread Roll: white / whole wheat / seeded / corn

Gluten-Free Bread

### Cereals

Cornflakes (unsweetened)

Chocolate Cereal

Granola

Walnuts

Palm Dates

Mixed Raw Seeds: pumpkin / chia / flax / sunflower

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### Variety

- Salt (single-serve sachets)
- Pepper Mill
- Selection of Oils
- Honey
- Maple Syrup
- Premium Jams (small jars)
- Sugar-Free Jam
- Tomato Tumaca (individual jar)

### Sweet

- Homemade Cocoa and Almond Sponge Cake
- Homemade Bitter Orange Sponge Cake
- Homemade Apple Tart
- Quesada Pasiiega (traditional Cantabrian cheesecake)
- French Butter Croissant
- Traditional Bakery Muffin
- Campurriana-Style Butter Biscuit

### Cured meat

- 50% Iberian Cebo Ham
- Turkey Breast
- Cooked Ham
- Iberian Salchichón
- Iberian Chorizo (Mallorcan sobrasada substitute)

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### Dairy

- Natural Yogurt with fruit
- Curd (Cuajada)
- Drinkable Yogurt
- Butter (single-serve portions)
- Fresh Cheese
- Creamy Brie-Style Cheese
- Aged Cheese
- Sliced Melting Cheese

### Fruits

- Seasonal Whole Fruit: mandarin / apple / pear / banana
- Seasonal Fruit Platters: kiwi / grapefruit / orange / mango / pineapple / watermelon / melon / strawberry

### Hot breakfast

- Boiled Egg
- Poached Egg (low temperature)
- Fried Egg
- Scrambled Eggs with grissini and chives
- Omelette to your taste: turkey / cooked ham / cheese
- Bacon
- Ham and Cheese Toasted Sandwich
- Avocado Toast with salmon and poached egg
- Cream Cheese Toast with walnuts, arugula and honey