

Continental Breakfast Service

Continental Breakfast items below are available between 6:00am and 12 Noon.

Please check desired service time:

- | | | | |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| <input type="radio"/> 6:00am-6:15am | <input type="radio"/> 6:15am-6:30am | <input type="radio"/> 6:30am-6:45am | <input type="radio"/> 6:45am-7:00am |
| <input type="radio"/> 7:00am-7:15am | <input type="radio"/> 7:15am-7:30am | <input type="radio"/> 7:30am-7:45am | <input type="radio"/> 7:45am-8:00am |
| <input type="radio"/> 8:00am-8:15am | <input type="radio"/> 8:15am-8:30am | <input type="radio"/> 8:30am-8:45am | <input type="radio"/> 8:45am-9:00am |
| <input type="radio"/> 9:00am-9:15am | <input type="radio"/> 9:15am-9:30am | <input type="radio"/> 9:30am-9:45am | <input type="radio"/> 9:45am-10:00am |
| <input type="radio"/> 10:00am-10:15am | <input type="radio"/> 10:15am-10:30am | <input type="radio"/> 10:30am-10:45am | <input type="radio"/> 10:45am-11:00am |
| <input type="radio"/> 11:00am-11:15am | <input type="radio"/> 11:15am-11:30am | <input type="radio"/> 11:30am-11:45am | <input type="radio"/> 11:45am-12 Noon |

JUICES & COLD BEVERAGES

- Orange Pineapple Apple Grape Prune Grapefruit Tomato
 Papaya Cranberry V-8 Vegetable Juice Milk Low-Fat Milk Non-Fat Milk

YOGURT

- Plain Fruit

COLD CEREALS

- Granola Corn Flakes Shredded Wheat Frosted Flakes Rice Crispies
 All Bran Special K Whole Wheat Total Raisin Bran

BREADS & PASTRIES

- Selection of Fresh Danish Pastries, Croissants, Brioche, Donuts, Raisin and Breakfast Rolls,
Fruit and Bran Muffins
 Toast: Rye Sourdough Whole Wheat White
 English Muffin Plain Bagel

CONDIMENTS

- Butter Margarine Jam Assorted Preserves Honey Sugar-Free Jelly

HOT BEVERAGES

- Freshly Brewed Coffee Decaffeinated Coffee English Breakfast Tea
 Herbal Tea Milk Hot Chocolate Instant Coffee
 Instant Decaffeinated Coffee

Name (please print)

Stateroom No.

Full Breakfast Service

Full Breakfast items below are available between 7:30am and 10:00am ONLY.

Please check desired service time:

- | | | | |
|---------------------------------------|---------------------------------------|---------------------------------------|--|
| <input type="radio"/> 7:30am - 7:45am | <input type="radio"/> 7:45am - 8:00am | | |
| <input type="radio"/> 8:00am - 8:15am | <input type="radio"/> 8:15am - 8:30am | <input type="radio"/> 8:30am - 8:45am | <input type="radio"/> 8:45am - 9:00am |
| <input type="radio"/> 9:00am - 9:15am | <input type="radio"/> 9:15am - 9:30am | <input type="radio"/> 9:30am - 9:45am | <input type="radio"/> 9:45am - 10:00am |

FRESH FRUIT & COMPOTES

- Sliced Bananas and Oranges Pineapple Spears Half Grapefruit
 Sweet Melon Wedges

HOT CEREALS

- Oatmeal Cream of Wheat

EGG DISHES

- *Omelette with your choice of: Herbs Cheese Mushrooms *Smoked Salmon
 Ham Spanish Plain
 *Fried eggs of your choice: _____ *Scrambled Eggs *Boiled Eggs

PANCAKES & WAFFLES

- Buttermilk Pancakes, or Buckwheat Pancakes with your choice of:
 Banana Blueberries Walnuts
 Crisp Waffles with Fresh Fruit and Whipped Cream

ACCOMPANIMENTS

- Rasher of Bacon Link Sausage Canadian Bacon Broiled Turkey Ham
 Hash Brown Potatoes Broiled Tomatoes

FROM THE COLD TABLE

- *Smoked Salmon with Cream Cheese, Red Onion, and Toasted Bagels
 Assorted Cold Cuts and International Cheeses
 Low-Fat Cottage Cheese

HEALTHY ALTERNATIVES

- The Calcium Crunch: Non-Fat Plain Yogurt mixed with layers of Fresh Seasonal Fruit, and topped with Granola
 Bircher Muesli: Toasted Oats, Raisins, Sunflower Seeds, Diced Apples, Oranges, Bananas, Honey and Milk
 No-Cholesterol Omelette with Chopped Tomato and Fresh Herbs, with your choice of:

- *Three Egg Whites *Egg Beater