

The Continental

Baker's Basket (G) (D)

Butter and Fruit Preserves, White or Brown Toast, Soft Roll

Freshly Baked Pastries (G) (D)

Plain Croissant, Pain Au Chocolate, Fruit Danish, Muffin

Sliced Seasonal Fresh Fruits

Served with Blossom Honey

Choice of Coffee

Freshly Brewed Coffee / Decaffeinated Coffee
or Selection of Fine Teas

Choice of Juices

Choice of Fresh Orange / Watermelon / Apple / Carrot
or Tomato Juice

The Bay Central Breakfast

Baker's Basket (G) (D)

Butter and Fruit Preserves White or Brown Toast, Soft Roll,
Multi-cereal Roll

Freshly Baked Pastries (G) (D)

Plain Croissant, Pain Au Chocolate, Fruit Danish, Muffin

Sliced Seasonal Fresh Fruits

Served with Blossom Honey

Two Free Range Eggs Any Style

Hash Brown Potatoes, Grilled Tomato, Sautéed Mushrooms,
Chicken Sausages

Choice of Coffee

Freshly Brewed Coffee / Decaffeinated Coffee
or Selection of Fine Teas

Choice of Juices

Fresh Orange / Watermelon / Pineapple / Carrots

The Arabian Breakfast

Baker's Basket (G) (D)

Butter and Fruit Preserves White or Brown Toast, Zaatar Croissant,
Pita Bread

Sliced Seasonal Fresh Fruits

Served with Blossom Honey

Shakshuka With Grilled Haloumi (D)

Foul Moudamas, Hummus, Fresh Labneh, Cucumber,
Roma Tomato, Pickles

Choice of Coffee

Freshly Brewed Coffee / Decaffeinated Coffee
or Selection of Fine Teas

Choice of Juices

Fresh Orange / Watermelon / Pineapple / Carrots

The Wellness Breakfast

Egg White Vegetable Omelette (G)

Served with Ratatouille, Toasted Rye Bread, Steamed Vegetables,
Grilled Cherry Tomato

Sliced Seasonal Fresh Fruits with Low Fat Yoghurt

Served with Blossom Honey

Choice of Coffee

Freshly Brewed / Decaffeinated Coffee or Selection of Fine Teas

Choice of Milk

Low-Fat Milk / Almond Milk or Soya Milk

Choice of Fresh Juice

Orange / Watermelon Celery and Apple / Carrots

**S – Contains Seafood | N – Contains Nuts | G – Contains Gluten
D – Contains Dairy | V – Vegetarian | VG – Vegan
Do let us know of any food or beverage allergies and it
would be our pleasure to adjust the menu accordingly**

**All The Prices Are In UAE AED And Inclusive Of 5% VAT,
7% Municipality Tax & 10% Service Charge**

The Favourites

Two Eggs Any Style (G)

Hash Brown Potatoes, Grilled Tomato, Steamed Asparagus and
Sautéed Mushrooms

Choice of: Chicken Sausages / Beef Sausages / Turkey Bacon

Choice of Omelette fillings: Tomato, Cheese, Turkey Bacon, Herbs,
Mushroom, Onion, Capsicum

Served with Brown and White Toast Bread

Eggs Benedict (G)

English Muffins, Smoked Salmon, Soft Poached Eggs,
Hollandaise Sauce

Egg Muffin (D) (G)

Pulled Beef, Poached Egg, Melted Cheddar, Chili jam

Triple Berry Acai Bowl (G) (V) (N)

Double Roasted Banana Chips, Homemade Granola, Berries,
Peanut Butter

Cacao Acai Bowl (V) (G) (N)

Acai, Banana, Cacao Powder, Dragon Fruit, Kiwi, Mango,
Homemade Granola

Buttermilk Pancakes (G) (D)

Hot Chocolate Sauce, Maple Syrup, Berry Compote and
Whipped Cream

Belgian Waffles (G) (D)

Maple-Baked Apple, Fresh Blueberries, Caramelized Pecan and
Chantilly Cream

Whole Oat Porridge (D)

Glazed Banana, Roasted Almond Flakes, Raisins

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RESTAURANT
& TERRACE