

# ALL DAY BREAKFAST MENU 全日早餐菜单

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## Breakfast Set Menu

### 早餐套餐菜单

Available 6:00 am – 11:00 am

## Continental breakfast

98

### 欧陆式早餐

Your selection of bakery items: Danish pastry, Croissant, Muffin

White or Whole wheat toast, French baguette.

任选新鲜面包: 丹麦包, 牛角包, 松糕,

白或全麦吐司, 法式面包

Cornflakes, All bran, Rice crispies, Coco-pops, Honey nut's, Special K  
with Milk or Skimmed milk, Walnut and Almond.

玉米片, 全麦维, 卜卜米, 可可米, 蜜果脆圈圈, 低热麦维

配以纯牛奶或低脂牛奶, 核桃仁和杏仁

Choice of Squeezed Juice(Orange, Watermelon, Apple, Honey melon)

橙汁, 西瓜汁, 苹果汁, 哈密瓜汁

Your choice French Press Coffee, Freshly Brewed Coffee, Decaffeinated Coffee, Espresso, Tea,

Hot Chocolate, Soy Milk, Hot or Cold milk.

可选择: 法式压榨咖啡, 现磨咖啡, 低因咖啡, 意式特浓咖啡, 茶, 热巧克力, 豆奶, 热或冷牛奶

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## American breakfast

118

### 美式早餐

Your selection of bakery items: Danish pastry, Croissant, Muffin

White or Whole wheat toast, French baguette

任选新鲜面包: 丹麦包, 牛角包, 松糕,

白或全麦吐司, 法式面包

Cornflakes, All bran, Rice crispies, Coco-pops, Honey nut's, Special K  
with Milk or Skimmed milk, Walnut and Almond.

玉米片, 全麦维, 卜卜米, 可可米, 蜜果脆圈圈, 低热麦维

配以纯牛奶或低脂牛奶, 核桃仁和杏仁

Two eggs any style: Sunny side up or Over easy, Scrambled, Boiled, Poached or Omelet.

两个鸡蛋: 单面或双面煎蛋, 炒蛋, 煮蛋, 水波蛋或蛋卷

(Choice of Omelet condiments: Bell pepper, Cheese, Ham, Mushrooms, Tomatoes, Onion)

(蛋卷配任选配料: 甜椒, 芝士, 火腿, 蘑菇, 番茄, 洋葱)

Served with Hash brown potato, Tomato, Bacon and Sausage

跟配: 薯饼, 番茄, 培根和香肠

Choice of Squeezed Juice(Orange, Watermelon, Apple, Honey melon)

橙汁, 西瓜汁, 苹果汁, 哈密瓜汁

Your choice French Press Coffee, Freshly Brewed Coffee, Decaffeinated Coffee, Espresso, Tea,

Hot Chocolate, Soy Milk, Hot or Cold milk.

可选择: 法式压榨咖啡, 现磨咖啡, 低因咖啡, 意式特浓咖啡, 茶, 热巧克力, 豆奶, 热或冷牛奶

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## Chinese breakfast

118

### 南京特色早餐

Your choice of one Congee: Plain or Fish, Century egg pork, sliced Beef or Chicken  
with pickled vegetables, salted eggs, peanut, boiled egg

您可以任选一款粥品: 白粥, 鱼片粥, 皮蛋瘦肉粥, 牛肉或鸡肉粥  
配以酱菜, 咸蛋, 花生, 煮鸡蛋

Fried noodles with eggs, bean sprouts and vegetables

蔬菜鸡蛋炒面

Soybean milk (hot or cold) served with deep-fried dough stick

豆浆配炸油条豆浆 (冻或热)

Boiled bean curd with chicken soup

鸡汁豆干

Steamed vegetables

五谷杂粮

Steamed vegetable dumpling

蔬菜蒸饺

Seasonal fresh fruit platter

时令水果盘

Chinese tea

中国茶

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## Kids Breakfast Menu

88

### 儿童早餐

Fresh Fruit Plate and One Yogurt

新鲜水果盘和一杯酸奶

Transformer Waffle Dusted with Honey

百变华夫饼蘸蜂蜜

Your Choice of Corn Flakes, Rice Crispies, Coco-pops, All Bran Served with Fresh or Skimmed Milk

玉米片、脆爆米、可可米, 全麦维, 配新鲜或脱脂牛奶

One Egg Cooked Your Way with Breakfast Potatoes and Choice of Bacon or Sausage

任意款煎蛋配土豆, 培根或香肠

2 Assorted Muffins

2 个松饼

Served with Choice of a Glass of Milk, Orange Juice or Apple Juice

可选一杯牛奶、橙汁或苹果汁

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## De-Light Breakfast

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### 健康早餐

**Menu Western (325+ calories)**

**108**

**西式健康早餐 (325+卡路里)**

Coffee, no sugar

无糖咖啡

Low fat plain yoghurt (100 calories)

低脂原味酸奶 (100 卡路里)

Fruit platter (120 calories)

果盘 (120 卡路里)

Whole wheat toast (105 calories)

全麦吐司 (105 卡路里)

Light butter (45 calories)

轻黄油 (45 卡路里)

Sugar-free fruit jam (20 calories)

无糖果酱 (20 卡路里)

Egg white with vegetable omelette

蛋白蔬菜卷

Or

或者

**Menu Chinese (393 calories)**

**98**

**中式健康早餐 (393 卡路里)**

Oolong tea

乌龙茶

Steamed egg, light soya sauce (90 calories)

蒸鸡蛋, 淡酱油 (90 卡路里)

Dim sum - 4 pieces (155 calories)

中式点心-四个 (155 卡路里)

Fruit plate (120 calories)

果盘 (120 卡路里)

Low fat plain yoghurt (100 calories)

低脂原味酸奶 (100 卡路里)

# ALL DAY BREAKFAST MENU 全日早餐菜单

## Breakfast A La Carte Menu 早餐零点菜单

### Morning bakery basket 98

早餐面包篮

#### Selection of three items

Danish pastries, croissants, chocolate croissants, white toast, wheat toast

Rye bread roll, individual baguette and assorted muffins

任选三种:

丹麦包, 牛角包, 巧克力牛角包, 白吐司, 全麦吐司, 黑面包卷, 个性法棍, 什锦松饼

Served with butter, preserves and honey

配黄油, 果酱, 蜂蜜

### *gf* Gluten-free Bread 78

无麸质面包

### CEREALS & OATS 各种谷物麦片 38

Cornflakes, All Bran, Rice crispies, Coco-pops, choose with Fresh, Low-fat or Skimmed Milk, fresh Fruit, Walnut, Almond

玉米片, 全麦维, 卜卜米, 可可米, 可选择配鲜奶, 低脂奶或脱脂奶, 水果, 核桃仁, 杏仁

### Bircher Muesli with Fresh, low-fat or Skimmed milk 38

瑞士冷麦片配鲜奶, 低脂奶或脱脂奶

### Oatmeal choose with fresh, low-fat or skimmed milk, soybean milk and fruits 38

热麦片粥可选配全脂, 低脂, 脱脂或者豆奶和水果



### Homemade Bircher Muesli 48

自制冷燕麦粥

Rolled oats, almonds, raisins, apple, honey and yoghurt

自制营养麦片配以杏仁, 葡萄干, 苹果, 蜂蜜和酸奶

### Smoked Salmon on Toasted Whole Wheat Bagel Chips 78

烟熏三文鱼配脆百吉圈

With yoghurt, capers and tomato

配酸奶, 水瓜柳和番茄

### Natural or fruit yoghurt 32

原味酸奶或果味酸奶

Plain Yoghurt 原味酸奶

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Peach Yoghurt 桃味酸奶

Strawberry 草莓味

Mango 芒果味

Kiwi 猕猴桃味

## **Pancakes**

**58**

### **法式薄饼**

Plain or with fruit compote and maple syrup

原味或配糖渍水果和糖浆

## **French Toast**

**68**

### **法多士**

With banana compote and maple syrup

配糖渍香蕉和糖浆

## **Waffles**

**68**

### **华夫饼**

With whipped cream and berries

配甜奶油和浆果

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## Organic eggs

### 有机蛋类

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- Egg benedict** **108**  
班尼迪克蛋  
Poached eggs, toasted english muffin, sautéed spinach, pancetta bacon, hollandaise sauce  
搭配水波蛋，烤英式松饼，炒菠菜，意式培根，荷兰汁
- Three eggs omelette** **98**  
三蛋蛋卷  
With your choice of the following  
ham, bacon, mushrooms, onions, tomatoes, cheese, and peppers  
提供如下选择：  
火腿，培根，蘑菇，洋葱，番茄，芝士，胡椒
- Two farm fresh eggs** **78**  
双蛋选择  
Fried, poached, scrambled, or boiled  
Served with choice of crispy bacon, grilled ham or roasted sausage  
煎鸡蛋，水波蛋，炒鸡蛋，煮鸡蛋  
可任选培根，火腿或香肠
- Eggs white frittata** **88**  
蛋白饼  
Served with potato, wild mushrooms and asparagus  
土豆，野蘑菇和芦笋

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## Noodle and congee...粥面类...

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**Prawn Wonton Noodle Soup** **88**

大虾云吞汤面

Served with egg noodles, barbequed pork and green vegetables

鸡蛋面配叉烧，时令蔬菜

**Fried egg noodles** **68**

鸡蛋炒面

Served with pork, spring onions and soya sauce

配猪肉，小葱，酱油

**Congee** **68**

粥

Choice of chicken, pork, beef or seafood

可任选鸡肉粥，猪肉粥，牛肉粥或海鲜粥

Served with century egg, preserved vegetables

配松花蛋，咸菜

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## Cold Cut Platter:精选冷切盘

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**Cold cuts platter without pork:精选肉类冷切盘** 78

Smoked Beef, Chicken Breast, Salami

熏牛肉, 鸡胸, 意式萨拉米肠

**Cold cuts platter without pork:精选非猪肉冷切盘** 78

Smoked duck breast, red trout, beef

烟熏鸭胸, 虹鳟鱼, 牛肉

**Seasonal Fruit Salad** 58

时令水果沙拉

**Seasonal Fruit Platter** 78

4 kinds of freshly sliced seasonal fruit

新鲜果盘

4种新鲜切片时令水果