

## BREAKFAST MENU

### BREADS, PASTRIES AND SPREADS

Rye bread VG, GL  
 Ciabatta VG, GL  
 White bread VG, GL  
 Whole-grain bread VG, GL  
 Multigrain bread roll VG, GL  
 Butter VG  
 Margarine VG, LF  
 Cream cheese spread with herbs VG  
 Hummus V, VG, LF

Baguette VG, GL  
 Butter croissant VG, GL  
 Vegan croissant V, VG, LF, GL  
 Whole grain croissant VG, GL  
 Carrot and honey cake VG, GL  
 Sweet pastries VG, GL  
 Muffin VG, GL  
 Doughnuts VG, GL  
 Chocolate spread VG  
 Honey from roof garden

In the roof garden of the Nordic Hotel Forum, there are beehives where hundreds of thousands of busy urban bees work. The honey we offer to our guests is urban honey produced by our bees, collected from neighbouring green areas.



### CHEESES, COLD CUTS, FISH, VEGETABLES AND CONDIMENTS

Estonian cheese VG  
 Emmental cheese VG  
 Feta cheese VG  
 Cottage cheese 2% VG, LF  
 Sour cream VG  
 Tofu marinated with lemon juice and fennel V, VG, LF  
 Beef ham  
 Pork ham LF  
 Lettuce  
 Cucumber  
 Tomatoes



Cured salmon gravlax LF  
 Herring in tomato sauce LF, GL  
 Salted herring LF  
 Capers V, VG, LF  
 Red onion  
 Lemon  
 Pickled cucumber V, VG, LF  
 Sprouts  
 Black olives  
 Radish  
 Extra virgin olive oil, pumpkin oil, mustard, hazelnut oil, balsamico, white wine vinaigrette

### WARM BREAKFAST DISHES

Boiled egg 7 min VG, LF  
 Scrambled eggs VG  
 Omelette with tomato and cheese VG  
 Beans in tomato sauce V, VG, LF  
 Fried potato with mushrooms and leek V, VG, LF  
 Bacon LF  
 Oven baked Vienna sausages GL  
 Vegan schnitzel of peas and broad beans V, VG, GL, LF

Rice & rye pastry VG, GL  
 Oatmeal porridge with milk VG, GL  
 Oatmeal porridge without milk V, VG, GL, LF  
 Curd-cheese pancakes VG, GL  
 Pancakes VG, GL  
 Cinnamon  
 Agave syrup V, VG, LF  
 Maple syrup V, VG, LF

Next stop: the egg station! We prepare egg dishes as you wish: fried on one or both sides, as an omelette with plenty of toppings, or exactly as you like. We use olive or grape seed oil for frying. All dishes at the egg station are prepared from free range eggs.

## BREAKFAST CEREALS, SOYA DRINKS, YOGHURTS, JAMS AND FRUITS

Almond, cashew, coconut, berry, soya vanilla drink V, VG, LF  
Lactose free milk VG, LF  
Corn flakes VG  
Fitness granola VG, GL  
Muesli with nuts VG, GL  
Muesli with berries VG, GL  
Muesli with chocolate VG, GL  
Chocolate rice VG, GL  
Strawberry jam V, VG, LF  
Apple jam with vanilla V, VG, LF  
Black current jam V, VG, LF  
Estonian kama drink VG, GL

Sugar-free soya drink V, VG, LF  
Oat drink V, VG, LF, GL  
Berry smoothie V, VG, LF  
Sugar free natural yoghurt VG, LF  
Greek yoghurt VG  
Berry yoghurt VG, LF  
Chia and coconut milk pudding V, VG, LF  
Dried fruits in home made syrup V, VG, LF  
Berries V, VG, LF  
Melon  
Orange  
Grapefruit  
Whole fruits: banana, apple

Kama is the national dish of Estonia, which is made from a mixture of ground and browned legumes and cereals. The Kama drink offered at breakfast is made from Kama flour, apple juice, unflavoured lactose-free yoghurt, cinnamon and a little sugar are added to taste. Sounds good, doesn't it!?!



## NUTS AND SEEDS

Hazelnut V, VG, LF  
Dried prunes V, VG, LF  
Raisin V, VG, LF  
Chia seeds V, VG, LF

Linseeds seeds V, VG, LF  
Sunflower seeds V, VG, LF  
Pumpkin seeds V, VG, LF

## GLUTEN FREE BREAKFASTS



Corn galette V, VG, LF  
Buckwheat galette V, VG, LF  
Rice galette V, VG, LF  
Gluten free cracker V, VG  
Gluten free rye bread V, VG, LF  
Gluten free focaccia V, VG, LF

Estonian gluten free ruby muesli V, VG, LF  
Gluten free sweet pastry VG  
Gluten free muesli bar VG  
Gluten free cookie V, VG, LF  
Gluten free chocolate cookie VG

The gluten-free ruby muesli produced at the Tākumetsa farm in East-Viru County, is a fibre-rich breakfast consisting of crispy organic raw buckwheat, seeds, honey, orange juice and various oils. Make sure you taste it!

## JUICES, COFFEE, TEA,

Machine coffee from freshly ground beans  
Selection of different teas  
Cold milk VG  
Hot milk VG  
White sugar, brown sugar, sweetener

Fresh local water  
Orange juice  
Apple juice  
Tomato juice  
Flavoured water



A good night's sleep and a delicious breakfast are like good friends who are always welcome! They cheer you up and never let you down.

V - vegan  
VG - vegetarian  
LF - lactose free  
GL - contains gluten

The breakfast menu may differ from that offered in the hotel and may change according to the season.