

BREAKFAST MENU

BREADS, PASTRIES AND SPREADS

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

Baguette VG
Butter croissant VG
Vegan croissant V, VG, LF
Whole grain croissant VG
Carrot and honey cake VG
Sweet pastries VG
Muffin VG
Doughnuts VG
Chocolate spread VG, GF
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, GF
Emmental cheese VG, GF
Fetaki cheese VG, GF
Cottage cheese 2% VG, LF, GF
Sour cream VG, GF
Tofu marinated with lemon juice and fennel V, VG, LF, GF
Beef ham LF, GF
Pork ham LF, GF
Lettuce
Cucumber
Tomatoes



Cured salmon gravlax LF, GF
Herring in tomato sauce LF
Salted herring LF, GF
Capers V, VG, LF, GF
Red onion
Lemon
Pickled cucumber V, VG, LF, GF
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, GF
Scrambled eggs VG, GF
Omelette with tomato and cheese VG, GF
Bakes beans in tomato sauce V, VG, LF, GF
Fried potato with mushrooms and leek V, VG, LF, GF
Bacon LF, GF
Oven baked Vienna sausages
Vegan schnitzel of peas and broad beans V, VG, LF

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

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, GF
Lactose free milk VG, LF, GF
Corn flakes VG, GF
Fitness granola VG
Muesli with nuts VG
Muesli with berries VG
Muesli with chocolate VG
Chocolate rice VG, GF
Strawberry jam V, VG, LF, GF
Apple jam with vanilla V, VG, LF, GF
Black current jam V, VG, LF, GF
Estonian kama drink VG

Sugar-free soya drink V, VG, LF, GF
Oat drink V, VG, LF
Berry smoothie V, VG, LF, GF
Sugar free natural yoghurt VG, LF, GF
Greek yoghurt VG, GF
Berry yoghurt VG, LF, GF
Chia and coconut milk pudding V, VG, LF, GF
Dried fruits in home made syrup V, VG, LF, GF
Berries V, VG, LF, GF
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, GF
Dried prunes V, VG, LF, GF
Raisin V, VG, LF, GF
Chia seeds V, VG, LF, GF

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

GLUTEN FREE BREAKFASTS



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

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

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, GF
Hot milk VG, GF
White sugar, brown sugar, sweetener

Fresh local water
Orange juice
Apple 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
GF - no added gluten

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