

# **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

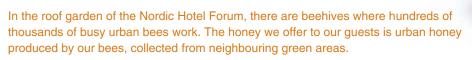
Hummus V, VG, LF, GF

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





# CHEESES, COLD CUTS, FISH, VEGETABELS 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

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

Omlette 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, FG
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 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 Täkumetsa 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.