

BREAKFAST MENU

BREADS, PASTRIES AND SPREADS

Rye bread VG
Ciabatta VG, LF
Toast VG
Wholegrain toast VG
Multigrain bread roll VG
Butter VG, GF
Margarine VG, LF, GF
Cream cheese spread with herbs VG, GF
Hummus V, VG, LF, GF
Beef liver pâté GF

Baguette VG
Butter croissant VG
Vegan croissant V, VG, LF
Whole grain croissant VG
Sweet pastries VG
Muffin VG
Doughnuts VG
Nutella
Honey from our roof garden

Our rooftop is home to hundreds of thousands of busy urban bees. The honey we serve to our guests is produced by our own bees and gathered from the surrounding green areas.



CHEESES, COLD CUTS, FISH, VEGETABLES AND CONDIMENTS

Gouda VG, LF, GF
Emmental VG, GF
Fetaki VG, GF
Cottage cheese 2% VG, LF, GF
Sour cream VG, GF
Tofu marinated with lemon juice and fennel V, VG, LF, GF
Pork ham LF, GF
Chicken fillet ham LF, GF
Smoked sausage LF, GF
Lettuce
Cucumber
Tomatoes



Cured salmon LF, GF
Baltic 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
Roasted beetroot V, VG, LF, GF
Extra virgin olive oil, pumpkin oil, mustard, hazelnut oil, balsamico, white wine vinegar

WARM BREAKFAST DISHES

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

Meatballs
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 just the way you like them: fried on one or both sides, as an omelette with plenty of toppings, or exactly to your liking. We use olive oil or grapeseed oil for frying. All dishes at the egg station are prepared using Estonian eggs.

BREAKFAST CEREALS, SOYA DRINKS, YOGHURTS, JAMS AND FRUITS

Almond, coconut, soya vanilla drink V, VG, LF, GF	Sugar-free soya drink V, VG, LF, GF
Lactose free milk VG, LF, GF	Oat drink V, VG, LF
Corn flakes VG, GF	Berry smoothie V, VG, LF, GF
Fitness granola VG	Sugar free natural yoghurt VG, LF, GF
Muesli with nuts VG	Greek yoghurt VG, GF
Muesli with berries VG	Berry yoghurt VG, LF, GF
Muesli with chocolate VG	Chia and coconut milk pudding V, VG, LF, GF
Chocolate rice VG, GF	Dried fruits in home made syrup V, VG, LF, GF
Strawberry jam V, VG, LF, GF	Berries V, VG, LF, GF
Apple jam with vanilla V, VG, LF, GF	Melon
Blackcurrant jam V, VG, LF, GF	Orange
Estonian kama drink VG	Grapefruit
	Whole fruits: banana, apple

Kama is a traditional Estonian food made from a mixture of ground and roasted grains and legumes. The kama drink served at breakfast is made with kama flour, apple juice and unflavoured lactose-free yoghurt, with cinnamon and a little sugar added to taste. Sounds good, doesn't it?



NUTS AND SEEDS

Hazelnut V, VG, LF, GF	Linseeds V, VG, LF, GF
Dried prunes V, VG, LF, GF	Sunflower seeds V, VG, LF, GF
Raisin V, VG, LF, GF	Pumpkin seeds V, VG, LF, GF
Chia seeds V, VG, LF, GF	

GLUTEN FREE BREAKFASTS



Corn galette V, VG, LF, GF	Estonian gluten free ruby muesli V, VG, LF, GF
Buckwheat galette V, VG, LF, GF	Gluten free sweet pastry VG, GF
Rice galette V, VG, LF, GF	Gluten free muesli bar VG, GF
Gluten free cracker V, VG, GF	Gluten free cookie V, VG, LF, GF
Gluten free bread V, VG, LF, GF	Gluten free chocolate cookie VG, GF
Gluten free focaccia V, VG, LF, GF	

The gluten-free ruby muesli produced at Tākumetsa Farm in East-Viru County is a fibre-rich breakfast option made with crispy organic raw buckwheat, seeds, honey, orange juice and various oils. Make sure you try it!

JUICES, COFFEE, TEA

Machine coffee from freshly ground beans	Fresh local water
Selection of different teas	Orange juice
Cold milk VG, GF	Apple juice
Hot milk VG, GF	Flavoured water
White sugar, brown sugar, sweetener	



Breakfast products are largely of Estonian origin – you can recognise them at the breakfast buffet by the label in the colours of the Estonian flag. Enjoy your breakfast!

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.