

*Breakfast*  
MENU

# *Beverages*

## **COLD**

*Still / sparkling water*

*Soft drinks*

*Gatorade*

*Glass of fruit juice*

*Jug of fruit juice*

*Iced tea*

*Lemonade / sparkling lemonade*

*Yogurt shake*

*Frappuccino*

*Iced coffee*

*Chocolate*



## **HOT**

*Infusions*

*Ristretto*

*Espresso*

*Macchiato*

*Americano*

*Café Latte*

*Cappuccino*

*Mochaccino*

*Decaffeinated*

*Hot Chocolate*

# *Special Breakfast*

## **TIGRILLO**

*A typical Ecuadorian breakfast dish made with green plantain, soft boiled eggs and sal prieta (savory peanut salt)*

*Add: cheese and/or "chicharón"*

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## **HAM & CHEESE SANDWICH**

*Hot or cold sandwich, made with fresh tomato and herbs mayo*

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## **OATMEAL**

*Classic oatmeal with cinnamon and raisins prepared with milk, almond milk or water*

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## **MUESLI**

*A mixture of cereals, grains, seeds, natural yogurt, honey, fruits, strawberry sauce and almonds*

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## **ECUADORIAN EGGS BENEDICT**

*Yolk bread, ham, soft boiled egg, avocado and parsley mayo*

# Healthy Start

Treat your body with vital nutrients and vitamins with our juice cleanse

## IMMUNITY BOOST

Banana, strawberry, ginger, lemon and beetroot

## GARDEN FRESH

Ginger, green bell pepper, cucumber, spinach, celery and green apple

## THE BODYGUARD

Ginger, honey, lemon, turmeric, paprika, salt and pepper

## POWER PUNCH

Kiwi, ginger, lemon, linseed, honey, orange, parsley  
spinach and coconut water



## BREAD BASKET

Freshly baked homemade bread

## CEREALS

Natural and sweet cereals or granola

## FRUIT MIX

Selection of fresh fruits

## COLD CUTS & CHEESE

Assorted selection of ham and cheese

## EGGS YOUR STYLE

Boiled, poached, fried, scrambled or as an omelette

**Add:** cheese, ham, bacon, tomato, onion,  
green pepper or mushroom



# Breakfast

## CONTINENTAL BREAKFAST

Fruit juice  
Coffee or infusion  
Seasonal fruit mix



## AMERICAN BREAKFAST

Fruit juice  
Coffee or infusion  
Eggs your style

**Select from:** pancakes, french toast or waffles



## EXPLORER'S BREAKFAST

Fruit juice  
Coffee or infusion  
Eggs your style  
"Bolón" (with cheese and/or chicharrón)