Fil Rouge

BREAKFAST MENU

Fil Rouge

Plant Based (PB) *Vegetarian* (VG) *Organic* (O)
Gluten Conscious (GC) *Omega 3 Oily Fish* (O3)

In case of any food allergy, allergens queries, or dietary requirements, please inform our Hosts before ordering.

BREAKFAST MENU

HOT BEVERAGES

illy freshly brewed coffee
Regular or decaffeinated

illy coffee
Regular or decaffeinated

illy espresso / cappuccino / latte

Teas by Palais des Thés
Selection of teas and herbal teas

Weiss hot chocolate

MILK

Whole or skimmed milk, warm / cold

Oat mylk / Soy mylk (PB) (GC)

Homemade almond mylk (PB) (GC)

Homemade cashew mylk (PB) (GC)

JUICES

Rise & Shine (PB) (GC)
Orange, carrot, apple, beet, ginger, turmeric

Freshly squeezed orange
(subject to availability)

Organic apple / pineapple
/ grapefruit / cranberry / tomato / prune /
organic carrot

SMOOTHIES

Sun salutation (PB) (GC)
Cashew mylk, banana, dates, vanilla

Vitamin sea (PB) (GC)
*Almond mylk, red berries, pineapple,
orange juice, banana*

PLANT-BASED ENERGY

Chia pudding
Mango or raspberry coulis

Homemade chia
and cashew yoghurt (PB) (GC)
*Your choice of topping: Coconut / Blueberry
/ Sesame / Granola / Pumpkin seeds*

Swiss Bircher muesli (PB) (GC)
*Freshly made toasted oats, almond mylk,
apples, bananas, raisins, pistachios,
pecan nuts, maple syrup*

YOGHURT

Plain yoghurt

Premium selection of fruit yoghurts

Premium selection of Greek yoghurts

Low-fat yoghurt

FRUIT CORNER

Seasonal fruit plate /
Grapefruit, half / Stewed prunes

Fresh fruit salad (PB) (GC)
Plain or with sweet cashew cream

Steamed apple compote (PB) (GC)
Granola, berries, almond mylk

CEREAL

Raisin bran / Bran flakes

Special K / Frosted flakes/ Rice Krispies

WARM CEREAL

Oatmeal (GC)
*Your choice of: Honey / Maple syrup / Cinnamon
/ Brown sugar / Walnuts / Pecan nuts*

BREAKFAST MENU

EGGS & OMELETS

Eggs * (GC)
Scrambled / Sunny side up / Over easy / Soft boiled / Hard boiled / Poached

Compose your own omelet (GC)
Plain / Smoked salmon / Swiss cheese / Herbs / Ham / Ham & cheese / Fine herbs*

FIL ROUGE *Signature*

*Toasted French brioche, creamy spinach, poached egg, yuzu Hollandaise, Baeri caviar **

Today's egg special
Please ask your Host

TOFU

Scrambled tofu (PB) (GC)
Tomatoes, red onions, turmeric

CULINARY DELIGHTS

Avocado toast (PB)
French farmer bread, avocado, sundried tomatoes, Espelette pepper

Smoked salmon * (GC) (O3)
Cream cheese, capers, red onions

Prosciutto, sliced

Premium York ham, sliced

Salami, sliced

European cheese plate

FROM THE GRILL

Grilled minute steak *

Grilled lamb chops *

SIDE DISHES (GC)

Swiss rösti potatoes / Grilled tomato

Sautéed mushrooms / Bacon

Link pork or chicken sausages

FRENCH BOULANGERIE

Baguette de tradition / French farmer loaf

English muffin / Homemade bagel

French toast, *maple syrup*

Croissant / Chocolatine

Brioche / Blueberry muffin

Toast
White / whole wheat / rye

SWEETS

All served with maple syrup on the side

Signature banana pancakes (PB) (GC)
Banana, oat mylk, oats, maple syrup, pecan nuts

Pancakes
Plain / buckwheat / blueberry / banana / pecan nuts

Belgian waffles

French toast

PRESERVES

Selection of jams by Francis Miot M.O.F Confiturier, France

Strawberry / Orange / Blackberry / Apricot

SPREADS AND NUTS

Honey / Cream cheese
Weiss hazelnut chocolate paste
Pecan nuts / Walnuts

**Public Health Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions*