

# The Tabloid

## **BREAKFAST SAMPLE MENU**

### **HOT BEVERAGES**

Selection of freshly brewed tea, herbal teas and fruit teas, freshly ground coffee including cappuccinos and espressos and hot chocolate

### **CHILLED FRUIT JUICES AND BEVERAGES**

Orange, pineapple, grapefruit, tropical, cranberry and strawberry juice  
Sparkling wine, still water and sparkling water

### **ASSORTED COLD CUTS**

Smoked ham, smoked turkey, Italian salami and Mortadella  
Edam cheese, Emmenthal, Feta cheese, fresh local goat's cheese, blue cheese

### **SALADS**

Sliced cucumber, shredded carrots, steamed beetroot, mixed leaf lettuce, spring onions, tomatoes, olives, capers and sundried tomatoes

### **FRUITS**

Fresh fruit salad, seasonal carved fruits including pineapple, kiwi, apples, oranges, grapefruits, grapes and fruit compotes

### **CEREALS, YOGHURTS, NUTS AND DRIED FRUIT**

Plain, fruit and low fat yoghurts, fresh muesli, corn flakes, bran flakes, fruit and fibre, rice crispies accompanied with dried fruits and nuts and seeds, fresh full and skimmed milk

### **JAMS AND ACCOMPANIAMENTS**

Honey, fruit jams, low calorie jams, marmalade, Nutella, margarine, butter, and low fat butter

### **BAKER'S CORNER**

White & brown rolls, traditional Maltese bread, ftira, stone baked baguettes, white, brown, and multi-grain sliced loaves, fruit loaves, rye and focaccia bread

Croissants, pan au chocolate, cinnamon and raisin swirls, apple turnovers

### **HOT BUFFET**

Scrambled eggs, grilled bacon, pork and beef sausages, grilled tomatoes, baked beans, fried mushrooms, grilled Maltese sausage, Maltese caponata, Rösti potatoes

### **LIVE COOKING STATION**

Freshly cooked omelettes and fried eggs, pancakes and waffles served with maple syrup

### **LOCAL SPECIALTIES**

Cheese cakes, pea cakes and qassatat