

—FiL Rouge—

BREAKFAST MENU

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Plant Based [Ⓟ] *Vegetarian* [Ⓟ] *Organic* [Ⓟ]
Gluten Conscious [Ⓟ] *Omega 3 Oily Fish* [Ⓟ]

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

BREAKFAST MENU

HOT BEVERAGES

illy freshly brewed coffee
Regular or decaffeinated

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Regular or decaffeinated

illy espresso / cappuccino / latte

Teas by Chanoyu, Switzerland
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 yogurt (PB) (GC)
*Your choice of topping: Coconut / Blueberry
/ Sesame / Granola / Pumpkin seeds*

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

YOGURT

Plain yogurt

Premium selection of fruit yogurts

Premium selection of Greek yogurts

Low-fat yogurt

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) (OS)

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

