

# — FilRouge —

## 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) (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

*\*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*

