

## CONTINENTAL BREAKFAST SERVICE

Items below available between 6:00am and 12 Noon.  
Please indicate quantity of items desired.

### JUICES & YOGURTS

- Orange     Pineapple     Apple     Grape  
 Prune     Grapefruit     Tomato     Cranberry  
 Papaya     Low Sodium V-8  
  
 Plain Yogurt     Fruit Yogurt

### COLD CEREALS

- Corn Flakes     Special K     Shredded Wheat     Fiber One  
 Frosted Flakes     Whole Wheat Total     Raisin Bran  
 Oat Bran     All Bran

### BREADS & PASTRIES

- Selection of Fresh Danish Pastries, Croissants, Brioche, Donuts,  
Raisin and Breakfast Rolls, Fruit and Bran Muffins  
  
 Toasted Sourdough     Rye     Whole Wheat     White  
 English Muffin     Bagel

### CONDIMENTS

- Butter     Jam     Assorted Preserves     Honey  
 Sugar-Free Jelly     Vegetable Margarine

### HOT BEVERAGES

- Freshly Brewed Coffee     Decaffeinated Coffee  
 English Breakfast Tea     Herbal Tea  
 Hot Chocolate     Milk     Sanka     Postum  
 Nescafé     Café Hag     Ovaltine

### COLD BEVERAGES

- Milk     Low-Fat Milk     Non-Fat Milk     Buttermilk

Continental Breakfast items above are available  
between 6:00am and 12 Noon.

Full Breakfast items at right are available  
between 7:30am and 10:00am ONLY.

(Continental Breakfast items also available between these times.)

Stateroom No. \_\_\_\_\_ No. of Persons \_\_\_\_\_

Name (please print) \_\_\_\_\_

Signature \_\_\_\_\_

Please be sure to check desired service time above  
and hang card on outside door handle before 3:00am.

Please check desired service time:

9:00am - 9:15am  
 9:15am - 9:30am  
 9:30am - 9:45am  
 9:45am - 10:00am  
 10:00am - 10:15am\*  
 10:15am - 10:30am\*



10:30am - 10:45am\*  
 10:45am - 11:00am\*  
 11:00am - 11:15am\*  
 11:15am - 11:30am\*  
 11:30am - 11:45am\*  
 11:45am - 12 Noon\*

\*Continental Breakfast

## FULL BREAKFAST SERVICE

Items below available between 7:30am and 10:00am ONLY.  
Please indicate quantity of items desired.

### FRESH FRUIT & COMPOTES

Sliced Bananas and Oranges     Pineapple Spears  
 Half Grapefruit     Sweet Melon Wedges  
 Fruit in Season

### HOT CEREALS

Oatmeal     Cream of Wheat

### EGG DISHES

Omelette with your choice of:     Herbs     Cheese  
     Mushrooms     Ham     Spanish  
     Smoked Salmon     Plain  
 Fried Eggs of your choice \_\_\_\_\_  
 Scrambled Eggs     Boiled Eggs

### ACCOMPANIMENTS

Rasher of Bacon     Link Sausage  
 Canadian Bacon     Broiled Turkey Ham  
 Hash Brown Potatoes     Broiled Tomatoes  
 Buttermilk Pancakes, or  Buckwheat Pancakes with  
    your choice of:     Banana     Blueberries     Walnuts  
 Crisp Waffles with Fresh Fruit and Whipped Cream

### FROM THE COLD TABLE

Smoked Salmon with Cream Cheese, Red Onion,  
    and Toasted Bagels  
 Assorted Cold Cuts and International Cheeses  
 Low-Fat Cottage Cheese

### THE CALCIUM CRUNCH

Non-Fat Plain Yogurt mixed with layers of  
    Fresh Seasonal Fruit, and topped with Granola

### THE ENERGIZER

Bircher Muesli (Toasted Oats, Raisins, Sunflower Seeds,  
    Diced Apples, Oranges, Bananas, Honey, and Milk)

### HEALTHY ALTERNATIVE

No-Cholesterol Omelette with Chopped Tomato and Fresh Herbs:  
 Three Egg White     Egg Beater