



### **Menú 1. English Breakfast**

- Bebida al gusto (café, zumo de naranja natural, chocolate o té)
- Judías, huevo (al gusto), champiñones, salchichas y bacon
- Tostadas (integral o normales)
- Tarta de manzana o chocolate

### **Menú 2. Desayuno Continental**

- Bebida al gusto (café, zumo de naranja natural, chocolate o té)
- Tostadas (integral o normales), croissants, mantequilla, mermelada o miel, jamón cocido y queso amarillo.
- Leche con cereales (a escoger de chocolate o corn flakes)
- Yogur (a elegir) o bollería

### **Menú 3. Desayuno Bienestar**

- Bebida al gusto (café, zumo de naranja natural, chocolate o té)
- Pan integral de semillas o tostadas integrales con ensalada de col, hummus y queso tierno.
- Bol de yogur natural con cereales con avena y frutos rojos
- Cóctel o pieza de fruta

### **Menú 4. Desayuno New Foliás**

- Bebida al gusto (café, zumo de naranja natural, chocolate o té)
- Pan (integral o normal), huevo (al gusto), tomate, jamón serrano y queso tierno
- Cóctel o pieza de fruta
- Bollería



### **Menu 1. English Breakfast**

- Beverage to choose (coffee, natural orange juice, chocolate o tea)
- Beans, eggs (to choose), mushrooms, sausages and bacon.
- Toasts (normal or wheat)
- Apple pie or chocolate cake

### **Menu 2. Continental Breakfast**

- Beverage to choose (coffee, natural orange juice, chocolate o tea)
- Toasts (normal or wheat), croissants, butter, jam or honey, ham and cheese.
- Milk with cereals (to choose between chocolate corn flakes).
- Yoghurt (to choose) or pastries.

### **Menú 3. Healthy breakfast**

- Beverage to choose (coffee, natural orange juice, chocolate o tea)
- Wheat bread or wheat toasts with cabbage salad, hummus and white cheese.
- Natural yoghurt bowl with oatmeal and berries.
- Fruit cocktail or a piece of fruit.

### **Menu 4. New Foliás Breakfast**

- Beverage to choose (coffee, natural orange juice, chocolate o tea)
- Bread (white or wheat), eggs (to choose), tomato, cured ham and white cheese.
- Fruit cocktail or a piece of fruit.
- Pastries.