

# **BREAKFAST**

Served from 7am to 11am in the dining room or room service

### **DRINKS**



### Hot

**Lyon coffee roaster :** black, milk, cappuccino,

expresso, decafeinated

LOCAL

English tea Harney & Son 1% for planet

**Tisane** 

Hot chocolate

Hot milk or soya milk

#### Cold

Freshly squeezed orange juice
Artisanal fruits juices LOCAL

Cold chocolate or milk

## BREADS AND PASTRIES ARTISANAL BAKERY FROM LYON



BIO

**Baguette** 

**Special breads** 

Croissant, pain au chocolat

**Pralin-filled brioche** 

Madeleine

### **CEREALS**





**Corn flakes** 

Krounchy

Muesli





## **BREAKFAST**

# FARM DAIRY PRODUCTS TRADITIONAL ARTISAN FROM LYON



**Plain yogurt** 

Yogurt with fruits: blueberry, raspberry, apricot

White cheese

Cheese: comté, morbier Butter: plain, semi-salted

### **SALTY PRODUCTS**



LOCAL

**Artisan charcuterie from Lyon** 

Eggs: hard boiled, fried, scrambled, omelette

BIO

## **FRUITS**





Apple sauce BIO Seasonal fruit salad **Dried fruits** 

### **SIDES AND SPREADS**



Jams: strawberry, raspberry, blueberry, apricot Local

Hazelnut spread BIO

Honey BIO

Maple syrup BIO

