

EXECUTIVE LOUNGE

Breakfast Menu

ACTIVE BREAKFAST

Egg White Frittata

Egg white with spinach, Feta cheese, and olive oil Ingredients:

- 4 egg white (69 cal, 22 gr fat, 14.3 gr protein)
- 30 gr feta cheese (79 cal, 6.4 gr fat, 4.9 gr protein)
- 1 tea spoon olive oil
- 50 gr spinach (11 cal, 0.1 gr fat, 1.43 gr protein)
- Served with energy juice (cucumber, fennel, and bell peppers)

CONTINENTAL BREAKFAST

Continental Breakfast

A basket consists of sliced premium quality bread, one butter croissant, one chocolate croissant, one muffin, one Danish pastry, three mini jams, honey, butter, fresh orange juice and fruit platter. Choice of beverages:

Freshly brewed coffee, decaffeinated coffee, espresso, café latte, selection of teas, hot chocolate and hot or cold milk

INDONESIAN BREAKFAST

Indonesian Breakfast

Seasonal slice fresh fruits, fresh orange juice, traditional Indonesian cake and a choice of:

- Congee served tih condiments
- Indonesian fried rice
- Fried noodle with meatball, shrimps, and crackers

Choice of beverages:

Freshly brewed coffee, decaffeinated coffee, espresso, café latte, selection of teas, hot chocolate

AMERICAN BREAKFAST

American Breakfast

A basket consists of sliced premium quality bread, one butter croissant, one chocolate croissant, one muffin, one danish pastry, three mini jams, honey, butter, fresh orange juice and fruit platter. Choice of beverages:

Freshly brewed coffee, decaffeinated coffee, espresso, café latte, selection of teas, hot chocolate and hot or cold milk

Choice of two eggs:

Omelet, scrambled, poached, boiled or fried egg served with hash brown, mushroom, grilled tomato sausage and/or bacon

WELLNESS & HEALTHY BREAKFAST

Wellness & Healthy Breakfast

- Choice of free range egg white, served omelette or scrambled Steamed organic spinach
- Choice of fresh detox juice (broccoli, lime and lemon) or
- Choice of fresh anti-aging juice (celery, cucumber and parsley) or Choice of fresh energy juice (celery, beet and lime)
- Low fat butter or margarine
- Selection of fresh sliced seasonal organic fruits
- Whole wheat bread, plain muffin or sliced gluten free bread Homemade sugar free jam, homemade spread and honey
- Low fat yoghurt with assorted berries, kiwi and orange
- Freshly brewed coffee, decaffeinated coffee, espresso, cappuccino, café latte, selection of teas, hot or cold low fat milk, skimmed milk or soya milk

CEREALS

Choices of Cereal

Corn Flakes | Choco Pops | Honey Star | Parmesan | Fruit Muesli with hot or cold fresh milk or low fat milk

Bircher Muesli

Freshly Made Muesli with Milk | Apple | Nuts and Berries

Homemade Granola

Toasted Oats and Honey | Nuts and Dried Fruits with Milk or Yogurt

Hot Oatmeal

With fresh milk or skim milk



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YOGURTS

Natural Yoghurt

Low Fat Yoghurt

Fruit Yoghurt

FRUITS

Seasonal Fruit Platter (detox)

Fresh Fruit Salad (anti-aging)

Local Fruit

FREE RANGE EGG

Omelet

Fried Eggs

Boiled Eggs

Scrambled Eggs

Poached Eggs

Egg White Omelet (69 cal)

Pullman Signature Egg Benedict

SIDE DISH

Beef or Pork Bacon

Chicken Sausage

Tomato

Mushroom

Vegetable

NOTHING
Brings
People
Together
LIKE GOOD FOOD



EXECUTIVE LOUNGE

Breakfast Menu



BREAD, PASTRY, & BAKED GOODS

Bakery Basket

Croissant | Chocolate Roll | Fruit Danish |
Muffin Served with Butter | Margarine | Jam | Honey

White or Whole Grain Toasts

Served with Butter | Margarine | Jam | Honey

Butter Milk Pancake

With Maple Syrup | Banana

Crisp Waffle

With Chocolate Sauce | Whipped Cream |
Strawberry Compote

French Toast

With Cinnamon Sugar | Brown Sugar

Local Sweets

Choice of Serabi or Fried Banana

Gluten Free Bread

Organic Bread

Croissant

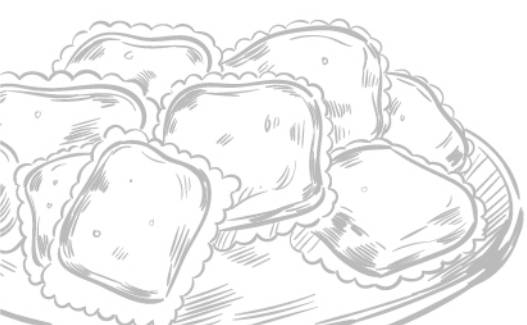
Chocolate Roll

Fruit Danish

Bread Baguette

Salmon Bagel

House Cured Salmon Gravlox | Pickled Red Onion |
Capers | Lemon Cream Cheese



DESSERT

Banana Fritter

Cinnamon Sugar | Condensed Milk | Sea Salt | Caramel

Seasonal Fruit Platter

Seasonal Slice Fruits | Fresh Mint | Berries | Honey Yogurt

Ice Cream Selection

Please ask our team for today's selection, fresh berries

Lapis Legit

Date Cremeux | Palm Sugar Jelly Coconut Tuile

Dark Chocolate

Raspberry Chocolate Mousse | Chocolate Crumb |
Caramel Tuile

GOOD FOOD.
IS
Good Mood





EXECUTIVE LOUNGE

Breakfast Menu



JUICED & SMOOTHIES

Fresh Orange Juice

Fresh Watermelon Juice

Fresh Carrot Juice

Fresh Apple Juice

Strawberry Smoothie

Orange Smoothie



HOT BEVERAGES

Americano

Espresso

Cappuccino

Café Latte

Hot Chocolate

Green Tea

English Breakfast

Earl Grey

Chamomile

Full Cream Milk

Low Fat Milk

Soy Milk

Milk can be served hot or cold

