

# Rise & Shine

## Continental Breakfast

### Fruit Juice (v) (gf)

Orange, Apple, Pineapple, Tomato, Pink Grapefruit, Cranberry

### Yoghurts (gf)

Selection of Fruit Yoghurts

Greek and Low Fat Yoghurts (v)

### Cereals (v)

Bran Flakes, Corn Flakes, All-Bran, Special K, Weetabix, Frosties,  
Shredded Wheat, Rice Krispies, Fruit 'n Fibre, Alpen

Full, Semi-skimmed, Skimmed Milk

Soya (vegan)

### Fruit (v) (gf)

Grapefruit Segments, Fresh Fruit Salad, Fig or Prune Compote

## From The Bakery (v)

Croissants, Danish Pastries, Muffins

Bagels, Soft White Rolls, Rye and Pumpkin Seed Crusty Rolls

Toast, Jams, Marmalade and Honey

American Pancakes with Maple Syrup

(Gluten-free options available)

## Healthy Options (v)

Smoothie of the Day (gf)

Porridge

Bircher Muesli

Low Sugar Granola

Smashed Avocado with Chilli and Lime on Wholemeal Sourdough Toast



# Hot Breakfast

## The P&O Cruises Breakfast

Grilled Back Bacon, Cumberland Sausage,  
Black Pudding, Hash Brown, Tomato,  
Fried\*, Poached\* or Scrambled Eggs

## English Breakfast Favourites

Choose from...

Grilled Back Bacon, Cumberland Sausage, Black Pudding  
Vegetarian Sausage, Vegetarian Bacon (v)  
Hash Brown, Grilled Mushrooms, Tomato, Baked Beans (v)  
Fried\*, Poached\* or Scrambled Eggs  
Kippers, Smoked Haddock, Oak-smoked Salmon\*

## Eggs

Fried\*, Scrambled, Poached\*, Boiled\*  
White, Wholemeal or Sourdough Toast

## Eggs Benedict

Poached Egg\* with Ham and Hollandaise Sauce  
on a Toasted Muffin

(Gluten-free options available)

# Hot Beverages

Selection of Teas and Infusions  
Freshly Brewed Coffee or Decaffeinated Coffee  
Hot Chocolate

(v) Denotes vegetarian. (gf) Denotes gluten free.

Some of our products may contain allergens. If you are sensitive to any of these,  
please speak to a member of staff before dining.

Please note that some of these dishes may contain nuts or nut extracts.

\* Whilst all the food we serve on board is prepared to the highest health and safety standards,  
public health services have determined that eating uncooked or partially cooked meats,  
poultry, fish, eggs, milk and shellfish may increase your risk of foodborne illness,  
especially if you have certain medical conditions.