



U R B A N B I S T R O

*Spring Breakfast*

**HOT BEVERAGES**

FRENCH PRESS COFFEE	6
CAPPUCCINO	7
CAFFÉ LATTE	7
ESPRESSO	6
DOUBLE ESPRESSO	8
HOT CHOCOLATE	6
TEAS AND HERBAL INFUSIONS	6

Lavazza coffee & Harney's and Sons tea selection

**COLD BEVERAGES**

SMOOTHIES	8
banana-orange & low fat yogurt, or strawberry-mint & low fat yogurt	
With whey protein	10
FRESH SQUEEZED JUICES	6
Orange ~ Cranberry ~ Apple ~ Grapefruit ~ Tomato ~ Detox Cocktail	
MINERAL WATER	5/8
(small / large)	

<b>ICI BREAKFAST</b>	25
Scrambled eggs, bacon, sausage & potatoes accompanied with your choice of fruit juice, fresh brewed coffee or selection of tea & herbal infusions	

<b>LE PARISIEN</b>	21
A baker's basket of croissant, pain au chocolat, apple Danish and ficelle bread along with a fruit salad accompanied with your choice of fruit juice, fresh brewed coffee or selection of tea & herbal infusions	

**CHEF'S MORNING SPECIALTIES**

<b>ASSIETTE DE SAUMON FUMÉ</b>	17
smoked salmon, capers, cream cheese, lemon & bagel	
<b>ASSIETTE DE CHARCUTERIE ET FROMAGES</b>	21
Prosciutto, Brie & comté cheeses	
<b>ROASTED TURKEY BREAST</b>	15
cranberry-orange marmalade, balsamic marinated cipollini & toasted raisin walnut bread	

**CEREALS**

<b>MCCANN'S IRISH OATMEAL</b>	9
brown sugar, raisins	
<b>SELECTION OF CEREAL</b>	5
Raisin Bran ~ Special K ~ Cheerios ~ All Bran whole milk ~skim milk	
<b>HOMEMADE GRANOLA</b>	10
with plain yogurt	

**SWEET TOOTH**

<b>BELGIAN WAFFLE</b>	12
with whipped cream	
<b>VIENNOISERIE</b>	3
Each	10
croissant, pain au chocolat, mini baguette, or apple Danish	Basket
<b>BUTTERMILK PANCAKES</b>	14
with choice of banana, blueberries or chocolate chips with Vermont maple syrup	
<b>BERRY CRÊPES</b>	16
filled with fresh berry compote	
<b>BRIOCHE FRENCH TOAST</b>	15
with caramelized apples, toasted pecans & Vermont maple syrup	
<b>NUTELLA CRÊPES</b>	14
<b>STONYFIELD YOGURTS</b>	5
low-fat, plain or with fruit	

**EGGS**

Served with roasted potatoes	
<b>AMERICAN</b>	16
two eggs any style, smoked bacon & sausage	
<b>SCRAMBLED WITH SMOKED SALMON</b>	17
with chives cream cheese	
<b>EGG BLT</b>	16
scrambled egg, Artisan bread, roasted tomato, bacon & lettuce	
<b>THREE EGG OMELET</b>	17
with choice of tomato, bell pepper, spinach, asparagus, caramelized onions, ham, chorizo or cheese	
<b>EGGS BENEDICT</b>	16
English muffin, two poached eggs, Canadian bacon & hollandaise sauce	15
Sautéed spinach	18
Smoked salmon	

**DE- LIGHT MENU**

<b>ORGANIC MÜESLI</b> – 224 cal.	9
low-fat milk, green apple, almonds & raisins	
<b>FRUIT PLATE</b> – 95 cal.	12
<b>BERRY PARFAIT</b> – 135 cal.	10
<b>EGG WHITE OMELET</b> – 158 cal.	14
wilted spinach	



**ON THE SIDE**

<b>HOMEMADE MUFFIN</b>	5
blueberry or all-bran	
<b>BOWL OF BERRIES</b>	10
<b>CRISPY APPLE WOOD SMOKED BACON</b>	5
<b>CHICKEN OR PORK SAUSAGE</b>	5



18% gratuity will be added to your check. Many of our dishes can contain gluten, nuts and dairy. Please alert your server if you have any food allergies.

Developed exclusively by Thalassa Sea & Spa, the recognized nutrition and wellness experts in France for over 40 years, De-Light by Sofitel reflects the unique skills of our Sofitel Chefs in creating an innovative array of well-balanced, low-calorie & portion controlled meals to help you meet your health and weight goals in delicious style.



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