



Rise & Shine BREAKFAST





Continental Breakfast

Selection of Fruit Juices

Orange, Apple, Pineapple, Tomato

Orange and Grapefruit Segments

Duo of Melon

Selection of Fruit Compotes

Figs, Prunes, Apricots, Apple

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

Porridge

Selection of Low Fat Fruit and Natural Yoghurts

Hot Breakfast

The P&O Cruises Breakfast

Grilled Back Bacon, Lamb's Liver, Tomato, Black Pudding, White Pudding,
Cumberland Sausage, Hash Browns and Fried, Scrambled or Poached Eggs*

English Breakfast

Back Bacon, Vegetarian Bacon, Pork Sausage, Vegetarian Sausage,
Tomato, Fried Bread, Saute Potatoes, Grilled Mushrooms,
Black Pudding, Plum Tomatoes, Baked Beans

Kippered Herrings, Smoked Haddock

Fried, Scrambled or Poached Eggs*

Boiled Egg

Omelettes to Order*

Plain, Ham, Cheese, Mushroom, Tomato

From The Bakery

Croissants, Danish Pastries and Muffins

White, Wholemeal and Multigrain Morning Rolls

Toast with Jams, Marmalade and Honey

American Pancakes with Maple Syrup

Chef's Specialities

Monday – Eggs Benedict*

Tuesday – Grilled Gammon Steak with Fried Eggs*

Wednesday – Traditional Kedgeree

Thursday – Grilled Minute Steak*

Friday – Devilled Kidneys

Saturday – Corned Beef Hash

Sunday – Scrambled Egg with Oak Smoked Salmon*

Healthy Options

Smoothie of the Day

Porridge Oats

Bircher Muesli

Oats, Apples, Dried Fruits, Nuts, Seeds and Natural Yoghurt

Selection of Cereals with Skimmed or Soya Milk

Fresh Fruit Salad

Poached Eggs* on Wholemeal Toast

Hot Beverages

Selection of Teas and Infusions

Hot Chocolate

Freshly Brewed Coffee or Decaffeinated Coffee

* 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.

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.

