



juice

Orange, Grapefruit, Apple, Cranberry & Grape

parfait

Strawberry-Apricot Low Fat Yogurt Parfait

Blueberry-Kiwi Low Fat Yogurt Parfait

Blackberry Low Fat Yogurt Parfait

cereal

Whole Grain Birchermüesli with Low Fat Yogurt and Berries, Flax Seed, Pumpkin Seed, Raisins, Dates & Cranberries

Organic Granola with Sun Dried Pears and Apricots, All Bran, Shredded Wheat, Oat Bran Flakes, Corn Flakes, Apple Cinnamon & Oatmeal

Hot Oatmeal with Honey and Raisins
with Your Choice of:
Low Fat Yogurt, Low Fat Milk,
Skim Milk, Buttermilk or Soy Milk

beverages

Herbal Teas & Decaffeinated Coffee

light & crispy organic breads

Organic Tomato Provençal with Basilicum Pain

Organic Eggplant and Pearl Onion Pain

Organic Zucchini and Fresh Thyme Pain

Organic Yellow Squash and Mancha Saffron Pain

Organic Wild Honey and Ginger Pain

Organic à la Orange de Valencia Pain

Organic Banana de Costa Rica and Toasted Walnut Pain

Organic Carrot de Versailles and Sultanas Pain

omelette

Plain, Spinach or Mushroom with Freshly Steamed Asparagus, Fingerling Potatoes and Cherry Tomatoes

with Your Choice of Toast: White, Whole Wheat or Brown

freshly made jams

Mango-Lime
Apricot Nectarine
Wild Berry and Orange Zest

smoothies

Longevity Smoothie: Watermelon, Cantaloupe, Strawberry 4.5

& Low Fat Plain Yogurt

Ageless Smoothie: Apples, Blueberry, Vanilla Yogurt 4.5

Milk & Honey

Energize Smoothie: Banana, Soy Milk & Honey 4.5

water selection

Vitamin Water: Assorted Flavored Water 3.5

Evian: (one liter) 4

San Pellegrino: (one liter) 4

Perrier: (33cl) 2.5