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.