

MENU

FRENCH CONTINENTAL BREAKFAST

YOUR SELECTION OF JUICE: ORANGE, PINEAPPLE, GRAPEFRUIT, APPLE, CRANBERRY, CARROT

SEASONAL FRUITS

CEREALS: CORN FLAKES, ALL BRAN, SULTANA BRAN, SPECIAL K, CRUNCHY NUT CORN FLAKES, COCO POPS, JUST RIGHT, WEET-BIX

SOFITEL BAKERY BASKET SERVED WITH BUTTER AND JAMS, BUTTER CROISSANT, CHOCOLATE CROISSANT, DANISH PASTRY, FRENCH BAGUETTE OR TOASTS

YOUR SELECTION OF HOT BEVERAGE:

HOT BREWED COFFEE, DECAFFEINATED, ESPRESSO, SPECIALTY COFFEE, TEA, HOT CHOCOLATE FULL CREAM MILK, SKIM MILK OR SOY MILK

GLUTEN FREE BREAD AND CEREALS ARE AVAILABLE

AUSTRALIAN BREAKFAST

YOUR SELECTION OF TWO FARM EGGS ANY STYLE

(FRIED, SCRAMBLED, POACHED, BOILED, OMELET, EGG WHITE OMELET)

WITH 2 OF THE FOLLOWING: BACON, COOKED HAM, SAUSAGES OR TURKEY HAM AND POTATOES, TOMATO AND SAUTÉED MUSHROOMS.

YOUR SELECTION OF JUICE: ORANGE, PINEAPPLE, GRAPEFRUIT, APPLE, CRANBERRY, CARROT

SEASONAL FRUITS

CEREALS: CORN FLAKES, ALL BRAN, SULTANA BRAN, SPECIAL K, CRUNCHY NUT CORN FLAKES, COCO POPS, JUST RIGHT, WEET BIX

SOFITEL BAKERY BASKET SERVED WITH BUTTER AND JAMS, BUTTER CROISSANT, CHOCOLATE CROISSANT, DANISH PASTRY, FRENCH BAGUETTE OR TOASTS

YOUR SELECTION OF HOT BEVERAGE:

HOT BREWED COFFEE, DECAFFEINATED, ESPRESSO, SPECIALTY COFFEE, TEA, HOT CHOCOLATE FULL CREAM MILK, SKIM MILK OR SOY MILK

GLUTEN FREE BREAD AND CEREALS ARE AVAILABLE

SYDNEY SELECTION

\$20

(333 CAL)

COFFEE OR TE

NO SUGAR

LOW FAT MILK

125 ML (63 CAL)

CHICKEN BREAST

125 G (165 CAL)

CEREAL BREAD

50 G (105 CAL)

BUTTER & JAM

(65 CAL)

LIGHT BUTTER

SUGAR FREE JAMS

GLUTEN FREE BREAD AVAILABLE

NOTICE: THE CONSUMPTION OF RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS.



EDWIN FLACK SELECTION

(325 CAL)

COFFEE OR TEA

NO SUGAR

LOW FAT YOGHURT

125 ML (100 CAL)

SEASONAL FRUITS

200 G (120 CAL)

WHOLE WHEAT TOASTS

50 G (105 CAL)

BUTTER & JAM

(65 CAL)

LIGHT BUTTER

SUGAR FREE JAM



A LA CARTE

SOFITEL VIENNOISERIE BASKET

FRENCH BUTTER CROISSANT, CHOCOLATE CROISSANT, VIENNOISERIES, FRENCH BAGUETTE OR TOASTS. SERVED WITH BUTTER AND JAMS

SELECTION OF BREADS

YOUR CHOICE OF 2

FRENCH BAGUETTE, SOURDOUGH, BRIOCHE, DARK RYE, CIABATTA

TOAST: WHITE, MULTIGRAIN, RAISIN, RYE

GLUTEN FREE BREAD

SERVED WITH BUTTER AND JAMS

POUND CAKE OR MUFFIN

PANCAKES

PLAIN, BLUEBERRY OR BANANA

SERVED WITH MAPLE SYRUP AND WHIPPED CREAM

BELGIAN WAFFLES

SERVED WITH SUGAR AND JAM, CHOCOLATE SAUCE OR WHIPPED CREAM

FRENCH CRÊPES

SERVED WITH SUGAR, JAM OR PLAIN

FRENCH TOASTS

SERVED WITH MAPLE SYRUP AND WHIPPED CREAM

TWO FARM EGGS ANY STYLE

FRIED, SCRAMBLED, POACHED, BOILED, OMELET

SERVED WITH POTATOES, TOMATO, SAUTÉED MUSHROOMS AND TOAST

EXTRAS: SAUSAGE, BACON, HAM AND TURKEY

CLASSIC EGGS BENEDICT

ENGLISH MUFFINS, LIGHT SMOKED HAM, TWO POACHED FARM EGGS

HOLLANDAISE SAUCE, SERVED WITH ROASTED POTATOES.

WITH TASMANIAN SMOKED SALMON

BAKED EGGS WHITES WITH ASPARAGUS (284 CAL) GF

EGGS WHITES, CREAM, ASPARAGUS, SALT & PEPPERS

EGG WHITE AND FRESH HERBS OMELET (173CAL)

SERVED WITH ROASTED VEGETABLES.

VEGETABLE SALAD

V-GF

LEMON AND EXTRA VIRGIN OLIVE OIL VINAIGRETTE

MIXED FIELD GREENS

V-GF

WHITE BALSAMIC DRESSING

CHEESE PLATE

BRIE, GOAT, CHEDDAR, SERVED WITH CRACKERS

FISH PLATE

SMOKED TASMANIAN SALMON, GRAVLAX, WHOLE WHEAT TOAST,

CONDIMENTS

COLD CUTS

ASSORTED COLD CUTS SERVED WITH GHERKINS, PICKLED ONIONS,

BREAD STICKS

TRADITIONAL ORGANIC OATMEAL

SERVED WITH APPLE, RAISIN AND BROWN SUGAR

SOFITEL'S BIRCHER MUESLI

CEREALS

V

CORN FLAKES, ALL BRAN, SULTANA BRAN, SPECIAL K, CRUNCHY NUT CORN FLAKES, COCO POPS, JUST RIGHT, WEET-BIX, ORGANIC GRANOLA

GLUTEN FREE CEREALS

SERVED WITH FULL CREAM, SKIMMED OR SOY MILK

MIXED SEASONAL FRUITS PLATE

V-GF

9

SEASONAL WHOLE FRUITS (120 CAL)

V-GF

9

SEASONAL FRUIT SALAD

V-GF

9

YOGHURT

NATURAL, LOW FAT OR MIXED WITH BERRIES

6

BREAKFAST BEVERAGES

FRESHLY BREWER COFFEE, TEA OR HOMEMADE HOT CHOCOLATE 6

TEA & HERBAL TEA: ENGLISH BREAKFAST, EARL GREY, CHAMOMILE, PEPPERMINT, CHAI OR DARJEELING

SERVED WITH MILK, HONEY OR MILK

FROM THE ESPRESSO MACHINE

ESPRESSO, CAPPUCCINO, LATTE, FLAT WHITE OR MOCHA

6

FRESH JUICES

ORANGE, PINEAPPLE, GRAPEFRUIT, APPLE, CRANBERRY, CARROT

8

SMOOTHIE

8

DETOX JUICE

8

VEGETABLE JUICE

8

MINERAL WATER

EVIAN STILL 330ML

BADOIT SPARKLING 330ML

6

6

EVIAN STILL 750ML

BADOIT SPARKLING 750ML

9

9

If you are settling your account with a credit card, please note that A credit card transaction fee of 1.5% applies

