

# BREAKFAST AT THE CHÂTEAU DE LA BEGUDE

*Served from 7.00 to 10.30 AM everyday in our restaurant*

... Or the art of using your senses with food to create happiness

From now on, let your senses awaken and guide you...

<b>The Smell</b>	<i>Enchanted by a sauce combining ingredients in a sumptuous aroma</i>
<b>The Sight</b>	<i>A piece of art where colours and shapes intertwine in our preparations</i>
<b>The Touch</b>	<i>Your tongue discovering the textures and freshness of our ingredients</i>
<b>The Taste</b>	<i>The discovery of new flavours</i>
<b>The Hearing</b>	<i>Listen to the food dancing in the mouth</i>

The day start with our breakfast menu « à la carte », a key moment of your stay. Our objective is to transform that moment into an unforgettable memory, by proposing fresh local or regional products, cooked on demand.

You will discover various choices, from our continental breakfast, for those who are looking after a light and fresh start...to the traditional American breakfast, without forgetting the international selection with several meals selected with care to allow you to live a different experience each day.

Our many choices « à la carte » will allow you to create your own breakfast universe.

**Enjoy your meal !**

## TRADITIONAL BREAKFAST 29€

**Basket of fresh seasonal fruits from the market**

### **The baker's corner**

Selection of white meal Breads, Brioche with sugar, Croissants, Pastry of the day, Pancakes.

Served with butter, jam and honey, maple sirup and nut spread.

### **Fresh fruit or vegetable juice**

Orange, Carrot, Grapefruit, Apple, Orange/Carrot, Orange/Carrot/Ginger.

### **Yaourts and dairies**

Greek yogurt, Plain yogurt or yogurt with Fruits.

Cheese of the moment from '365 Fromages' in the village of Valbonne

### **Selection of organics cereals with milk**

Porridge, Corn flakes, All-bran, Muesli, Granola with Goji berries or Chocolate crisp.

### **Organic eggs from 'La ferme de Jal'**

2 Eggs cooked as desired (fried, poached, scrambled, hard boiled, boiled) or an omelet(\*)

(\*) : For a 2€ extra, you may add an additional ingredient : mushrooms, bacon, ham, spinach, cheese, onions, aromatic herbs, tomatoes, potatoes.

Make your side's choice between the following items :

- Cold cuts
- Smoked salmon
- Cooked chicken
- Seasonal crunchy vegetable

Pick a hot drink among our selection :

**Served with milk or lemon whether your choice :**

- **Coffee 'Costadoro' 70% Arabica:** Espresso, American, Cappuccino, Latte
- **Tea Dammann:** Earl Grey, English breakfast, Darjeeling, Green tea, Mint flavoured Green Tea, Jasmine
- **Hot Chocolate**





## BREAKFAST WITH CHAMPAGNE

45 €

Add some sparkling to your traditional breakfast for a better wake up.  
Served with :

- A Glass of Champagne 10cl
- 2 bio eggs Bénédicté with bacon or Smoked Salmon

## AMERICAN BREAKFAST

32 €

Change your traditional breakfast in a new explosion of tastes  
by adding just 5€.

Served with:

- Bacon,
- Sausages,
- Grilled tomato,
- Fried potatoes,
- Fried mushrooms,
- Stewed vegetables.

## HEALTHY BREAKFAST

29€

- Hot drinks and fresh juices
- Fruits basket
- Vegetable salad with lemon dressing and olive oil
- Gluten-free bread, butter, jam and honey
- Greek yogurt
- White Omelet: (3 egg whites) seasoned on your taste
- Cereals or porridge, to mix with dried fruits



## BREAKFAST A LA CARTE

### YOGURT, FRUIT JUICE & FRESH FRUIT

Greek yogurt, plain or with fruits	3 €
Choice of jams, toasts or honey (portion)	2 €
Fresh Juice (a glass of 20cl)	7 €
Plate of Fresh Fruits	14 €

### DRINKS

Coffee 'Costadoro' 70% Arabica : <i>espresso, American, decaffeinated, latte</i>	3 €
Cappuccino	5 €
Hot Chocolate	5 €
Dammann Teas	5 €
<i>Earl Grey, English Breakfast, Green Tea, Mint Green Tea, Darjeeling, Jasmin</i>	
A Glass Of Milk 25cl - ½ creamy or creamy or vegetal milk	2 €

### ENERGETIC DRINKS (*a glass of 20 cl*)

Orange, Carrot, Lemon, ginger juice	9 €
Strawberry, vanilla, granola, creamed milk, crushed ice	9 €
Banana, honey, plain yogurt, crushed ice	9 €
Carrot, Beet, Green Apple, Fresh Mint, Crushed Ice (detox)	9 €
Smoothies with seasonal fruits	9 €



## BREAKFAST A LA CARTE

### PASTRIES AND MORNING BREAD

- Selection of 2 viennoiseries, pastries of the day and baguette  
*Served with Isigny butter, jam and honey* 8 €
- Pancakes with bananas, red fruits and maple sirup 12 €

### SELECTION OF CEREALS

- Corn Flakes, All-bran, Gluten free Muesli or Granola with Goji berries 9 €  
*To be mixed with Greek yogurt, slices of banana and dry fruits for more flavours*
- Selection of dry fruits (dry grapes, apricots, nuts, almonds) 5 €


### EGGS AND OMELETTES *cooked with organic eggs from 'La ferme de Jal'*

- 2 eggs cooked whether your preference 10 €  
*boiled, scrambled, hardboiled, fried*
- 3 eggs omelette with 3 garnitures of your choice : 16 €  
*mushrooms, onions, spinach, tomatoes, ham, bacon, cheese, potatoes*
- Poached eggs (2 eggs) Benedict 16 €  
*ham, tomatoes, sauce hollandaise*
- Poached eggs (2 eggs) Benedict 18 €  
*smoked salmon, spinach, sauce hollandaise*
- 3 white eggs in omelette seasoned on your taste. 16 €



## BREAKFAST A LA CARTE

### SPECIALITIES FROM SOUTH OF FRANCE & ALL OVER THE WORLD



American Platter <i>(2 eggs, bacon, sausage, potato, mushrooms)</i>	14 €
Cheese platter from '365 Fromages'	14 €
Plate of Cold Cuts	18 €
Mixed Platter of cheeses and cold cuts	26 €
Smoked Salmon plate	18 €
Avocado toast <i>(toasted bread, avocado, smoked salmon et boiled egg)</i>	15€

### INDIVIDUAL PORTIONS

Toasts and butter from Isigny (white bread or whole wheat bread) 2 pieces	3 €
½ Baguette	3 €
Croissants and chocolate croissants (2 pieces)	3 €
Sausages (2 pieces)	3 €
Ham	5 €
Bacon (3 slices)	5 €
Fried Potatoes	5 €