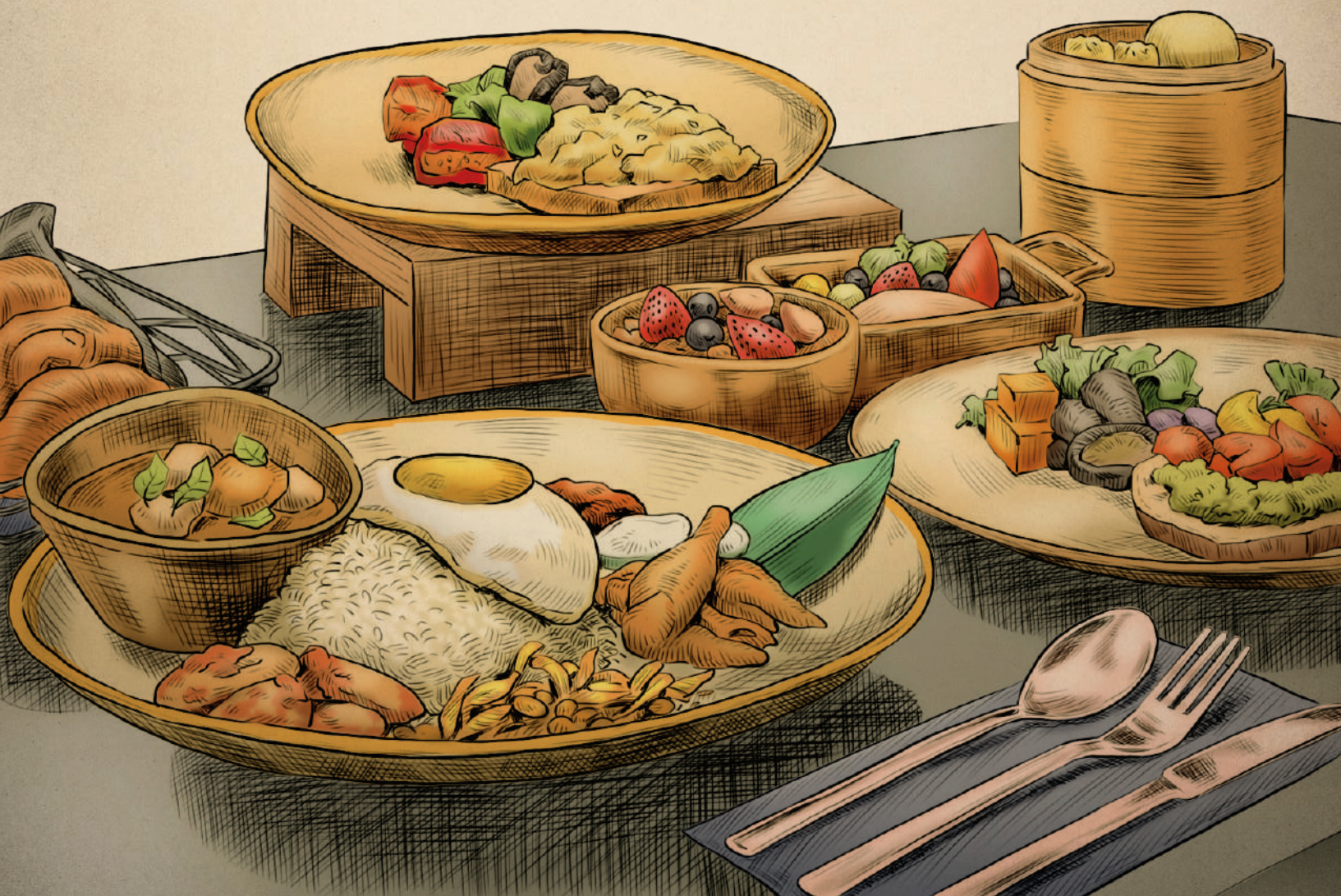


THE BARRACKS
HOTEL
SENTOSA

BREAKFAST

MENU

早餐菜单



Western Breakfast 西式早餐

STARTER 前菜

Select one (选择一份)

ASSORTED PASTRIES 面包篮 (V)

Mini Multigrain Butter Croissant, Mini Raisin & Walnut Sneeken*, Mini Sun-Dried Tomato Bread Roll
多谷物可颂, 葡萄核桃丹麦*, 番茄面包卷

or

HEALTHY WILD RICE SALAD 紫米沙拉 (V) (GF)

Purple Whole Grain Rice, Frisee, Sunflower Seed, Roasted Pumpkin, Cucumber, Feta Cheese, Tossed in Refreshing Yuzu Dressing
全谷物紫米, 菊苣, 葵花籽, 烤南瓜, 黄瓜, 飞达芝士, 柚子酱

or

GRANOLA WITH BERRIES AND NATURAL YOGURT 天然酸奶搭配燕麦谷粒与莓果* (V)

Fresh Berries, Roasted Seeds & Nuts, Mixed Dried Fruit 新鲜莓果, 烤南瓜籽, 坚果, 混合果干

or

NATURAL YOGURT WITH BERRIES 天然酸奶搭配莓果* (V) (GF)

Fresh Berries 新鲜莓果

MAIN 主食

Select one (选择一份)

BRIOCHE TOAST WITH OMEGA-3 EGGS 美式早餐 (GF)

Choice of Eggs: Over Hard, Over Easy, Omelette, Scramble, Sunny Side Up or Poached

Served with Chicken Sausage, Streaky Smoked Bacon, Mushroom, Roasted Tomatoes on Vine, Chopped Parsley

鸡蛋做法: 双面半熟煎蛋, 全熟煎蛋, 欧姆蛋, 炒滑蛋, 太阳蛋, 水波蛋

黄油吐司, 鸡肉香肠, 培根, 蘑菇, 烤番茄, 欧芹

(Choice of Gluten Free Bread 可替换: 无麦麸吐司)

or

SMOKED SALMON EGG BENEDICT 烟熏三文鱼搭配班尼迪克蛋 (GF)

Poached Egg, Smoked Salmon, English Muffin, Hollandaise Sauce, Mesclun Salad, Roasted Pumpkin,

Sauteed Mushroom, Roasted Tomatoes on Vine, Chopped Parsley

水波蛋, 烟熏三文鱼, 英式松饼, 荷兰酱, 田园沙拉, 烤南瓜, 炒蘑菇, 烤番茄, 欧芹

(Choice of Gluten Free Bread 可替换: 无麦麸吐司)

or

BAGEL BREAKFAST SANDWICH 贝果三明治 (GF)

Choice of: Smoked Salmon or Bacon, Toasted Cheese Bagel with Scramble Egg, and Hollandaise Sauce

Served with Mesclun Salad, Roasted Pumpkin, Sauteed Mushroom, Roasted Tomatoes on Vine

烤芝士贝果配烟熏三文鱼或培根, 炒滑蛋, 荷兰酱, 田园沙拉, 烤南瓜, 炒蘑菇, 烤番茄

(Choice of Gluten Free Bread 可替换: 无麦麸吐司)

or

AVOCADO ON SOURDOUGH TOAST 牛油果吐司 (V) (GF)

Avocado, Sourdough, Tomato Salsa, Mesclun Salad, Sauteed Mushrooms, Roasted Pumpkin, Roasted Tomatoes on Vine

牛油果, 酸面包, 番茄莎莎, 田园沙拉, 炒蘑菇, 烤南瓜, 烤番茄

(Choice of Gluten Free Bread 可替换: 无麦麸吐司)

or

BUTTERMILK PANCAKES OR BELGIAN WAFFLE 乳酪松饼或比利时华夫饼 (V)

Served with Caramelised Banana, Butterscotch, Strawberries, Blueberries, Mint Leaves, Whipped Cream

焦糖香蕉, 奶油糖酱, 草莓, 蓝莓, 薄荷叶, 鲜奶油

TROPICAL FRUITS 热带水果盘

(V) Vegetarian 素食 (GF) Gluten Free 无麦麸 *Contains nuts 含坚果

Please book your desired breakfast time slot and breakfast choices with the Equerry team by 12 PM the day prior.

Please inform the Equerry Team if you have any allergies or dietary requirements.

如果您对任何食物过敏, 请在点餐前告知前台人员

Images are for illustration purpose.

Local Delights 中式早餐

STARTER 前菜

DIM SUM 点心

Select one (选择一份)

Abalone, Prawn & Chicken "Siew Mai" 鲍鱼、虾仁和鸡肉烧卖

Chicken Gyoza 鸡肉饺子

Seafood Cabbage Roll 海鲜包菜卷

or

Seafood Cabbage Roll 海鲜包菜卷 (GF)

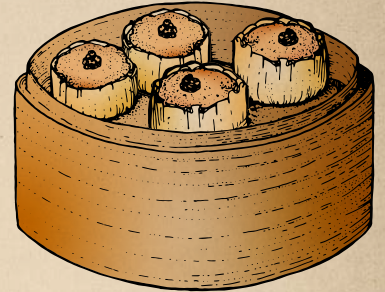
Seafood Beancurd Roll 海鲜腐皮卷 (GF)

or

Cordyceps Flower Dumpling 虫草花饺子 (V)

Pumpkin Dumpling 南瓜饺子 (V)

Vegetarian Chicken Crystal Dumpling 素鸡晶饺 (V)



MAIN 主食

Select one (选择一份)

SHREDDED CHICKEN & DRIED SCALLOPS CONGEE 鸡丝干贝粥 (GF)

Served with Soft Boiled Egg, Dough Fritters & Condiments

搭配溏心鸡蛋、油条和调味料

or

NASI LEMAK 南洋椰浆饭* (GF)

Coconut Rice, Sunny Side-up Egg, Sambal Prawn, Curry Chicken, Crispy Anchovies with Nuts, Sliced Cucumber, Homemade Chilli Sauce & Achar

椰浆饭, 太阳蛋, 叁巴虾, 咖喱鸡, 香脆小鱼干, 花生, 黄瓜, 自制辣椒酱, 娘惹‘亚咋’

or

HOME STYLE BEE HOON SOUP 家乡米粉汤 (GF)

Rice Vermicelli in Chicken & Soybean Broth, Minced Pork, Crispy Prawn Wonton, Fish Cake, Bean Sprouts, Nai Bai, Shitake Mushroom

米粉, 猪肉碎, 鱼饼, 炸虾肉云吞, 豆芽, 奶白, 冬菇, 黄豆小鱼干鸡肉熬制汤底

or

HOME STYLE VEGETARIAN BEE HOON SOUP 家乡素米粉汤 (V) (GF)

Rice Vermicelli in Soybean Broth, Crispy Vegetarian Dumpling, Vegetarian Shrimp, Bean Sprouts, Nai Bai, Shitake Mushroom

米粉, 素虾片, 冬菇, 奶白, 豆芽, 炸素云吞, 黄豆素汤底

or

KAYA STUFFED FRENCH TOAST 咖椰夹心法式吐司 (V)

Served with Mixed Berries Coulis, Fresh Berries, Mint Leaves, Condensed Milk

搭配莓果酱, 新鲜莓果, 薄荷叶, 炼乳



TROPICAL FRUITS 热带水果盘

KIDS BREAKFAST MENU 儿童早餐

Your little ones may also enjoy the Western Breakfast or

Local Delights served in kids portion

我们能为您的小孩准备儿童分量的西式或中式早餐

(V) Vegetarian 素食 (GF) Gluten Free 无麦麸 *Contains nuts 含坚果

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