

# LA SIRENA

CHILDRENS BREAKFAST MENU

## PURÉES

Carrot and potato

Pumpkin and potato

Zucchini, carrot and potato

Mashed banana

## SUBSTANTIAL MASHES

Brown rice and mixed vegetables

Poached chicken and seasonal vegetable mash

## FROM THE BREAKFAST BAR

### BEVERAGES

Juice extracts

### SEASONAL FRUITS

Carved tropical fruits to order

### YOGHURT POTS

Plain, honey and granola

### HOUSE MADE CEREALS

COMO Shambhala natural nut and seed muesli

tropical granola

Milk, skimmed milk, soya and rice milk

### BAKERY

Breads, croissants, danish pastries, muffins  
with exotic house made preserves and honey

## ALA CARTE SELECTION

### FRENCH TOAST

Fresh banana, maple syrup

### OATMEAL PORRIDGE

With banana, brown sugar and full cream milk

### TOAST SOLDIERS AND ORGANIC EGG

7 minutes egg with whole wheat soldiers

### SCRAMBLED EGGS

With bacon

### FRIED RICE

Wok fried, spring onion and soy sauce

### RICE PORRIDGE

Choice of chicken, pork or fish