



est 1969 Breakfast menu

Gouda L, G
Emmental L, G
Cottage cheese L, G
Ham M, G

Korpela's smoked turkey M, G
Beef cold cut by Wursti M, G
Apple and carrot jam Veg, G
Local fish product of the day
Herring of the day
Lettuce Veg, G
Teardrop tomatoes Veg, G
Cucumber Veg, G
Bell pepper Veg, G
Pickles Veg, G

Fruit Veg, G
Melon Veg, G

Natural yogurt **-ORGANIC-** L, G
Kvarg (thick yogurt product) L, G
Coconut and chia seed fresh porridge **-ORGANIC-** Veg, G
Berry mix Veg, G
Soy yogurt Veg, G
Ginger lemon apple shot Veg, G
Berry smoothie Veg, G

Granola with dried berries Veg, G
Rice crispies M
Corn flakes Veg
Cocoa cereal

Casino's granola **-MADE HERE-** M, G
Nuts

Roasted seeds Veg, G
Dried banana M, G

Buckthorn pulver **-ORGANIC-** Veg, G
Lingonberry pulver **-ORGANIC-** Veg, G

Strawberry jam **-MADE HERE-** Veg, G
Blueberry and vanilla jam **-MADE HERE-** Veg, G
Orange marmalade Veg, G
Butter L, G
Margarine Veg, G
Egg and butter spread L, G
Beetroot hummus Veg, G

Oat porridge
or barley porridge L, (G)
(order milk-free porridge from breakfast staff)
Crispy bacon M, G
Mini sausages L, G
Warm vegetables of the day Veg

Boiled eggs
Karelian pies L
Levain bread M
Rye bread Veg
Croissants
Cookie selection of the day

Coffee
Brewed tea
Hot water
Selection of tea bags
Hot chocolate

Fat-free milk
Coffee milk
Oat milk

Orange-apple juice or
orange juice and apple juice
Berry Juice
Water



Waffle batter L
Strawberry jam **-MADE HERE-**
Nutella
Chocolate sauce
Maple syrup
Caramel sauce

Small changes
to menu are
possible!

VL = low in lactose L = lactose-free
M = milk-free G = gluten-free
K = vegetarian Veg = vegan

