



## Breakfast

<b>Eggs Benedict</b> 12.50 Ham, poached eggs, hollandaise, potato Rösti 902 kcal	<b>The German Gymnasium</b> 16.50 Scrambled eggs, Nürnberger sausages, Black Forest ham, tomato, mushrooms, potato rösti, sourdough toast 929 kcal	<b>Berlin</b> 17.50 Two fried eggs, Emmentaler cheese, cooked ham, fresh fruit, strawberry jam, toast, butter 882 kcal
<b>Eggs Royale</b> 14.50 Smoked salmon, poached eggs, hollandaise, potato Rösti 760 kcal	<b>Hamburg</b> 15.00 Smoked salmon, scrambled eggs, chives 451 kcal	<b>Büsum</b> 17.50 Brown shrimps, scrambled eggs, pumpernickel bread 401 kcal
<b>Eggs Florentine</b> 12.50 Spinach, poached eggs, hollandaise, potato Rösti 583 kcal	<b>Heidelberg (VG)</b> 16.50 Avocado, spinach, quinoa, feta, tomato, dark rye, hot sauce 641 kcal	<b>München</b> 13.50 Two poached Weißwurst pork & veal sausage with parsley, sweet mustard, Brezel 685 kcal

### CEREAL & FRUITS

<b>Bircher Müsli (V)</b> 6.00 Oats, semi skimmed milk, hazelnuts, orange, honey 589 kcal	<b>Waffles (V)</b> 7.00 With Banana, chocolate sauce 549 kcal
<b>Fresh fruit salat (VG)</b> 6.00 Blueberry, melon, grapes, Kiwi, passion fruit 34 kcal	<b>Quarkkeulchen (V)</b> 5.00 German cream cheese cinnamon donuts, blueberry compote 246 kcal
<b>Chia pudding (VG)</b> 4.50 Coconut milk, strawberry, almond crunch 247 kcal	<b>Porridge (V)</b> 5.00 Oats, semi skimmed milk, blueberries, banana, honey Vegan option available 508 kcal

### SMOOTHIES & JUICES

<b>The Antioxidant</b> 6.00 Spinach, kiwi, grapes, apple juice 102 kcal	<b>Fruity Pebbles</b> 6.00 Avocado, orange, strawberries, blueberries, oat milk 148 kcal
<b>Early Sunshine</b> 6.00 Passion fruit, grapefruit, goji berries, pineapple juice 102 kcal	<b>The Betakerotene</b> 6.00 Fresh orange juice, ginger, fresh carrot juice, mango pureé 76 kcal
<b>Fresh juices</b> 4.25 Carrot, apple, cranberry, orange, pineapple, grapefruit	

### VIENNOISERIE (V)

#### Muffins

<b>Blueberry</b> 2.50 406 kcal	<b>Chocolate</b> 2.50 400 kcal	<b>Banana</b> 2.50 534 kcal
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<b>Butter Croissant</b> 3.50 302 kcal	<b>Pain au Chocolat</b> 3.50 292 kcal
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<b>Pain au Raisins</b> 4.00 322 kcal	<b>Berry Tarte</b> 8.00 226 kcal Fresh berries, crème patisserie
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<b>Strawberries &amp; Quark</b> 6.50 166kcal
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### ANTIOXIDANT BOOSTERS

<b>Ginger &amp; lemon shot</b> 3.00 35 kcal
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<b>Turmeric &amp; Beet shot</b> 3.00 56 kcal
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## Hot Drinks

<b>Espresso/Double</b> 2.50 / 3.00	<b>Gymnasium Hot Chocolate</b> 190 kcal 4.25
<b>Macchiato/Double</b> 53 / 94 kcal 3.00 / 3.50	<b>Black Teas</b> 3.50 Earl Grey, English Breakfast
<b>Americano</b> 3.50	<b>Green tea</b> 3.50 Jasmine
<b>Filter coffee</b> 3.50	<b>Other teas</b> 3.50 Camomile, Fresh Mint, Peppermint
<b>Cappuccino</b> 130 kcal 4.00	
<b>Latte</b> 130 kcal 4.00	
<b>Flat White</b> 130 kcal 4.25	

Oat milk available on request

SHOULD YOU HAVE ANY ALLERGIES OR INTOLERANCES, PLEASE ADVISE YOUR SERVER WHO WILL BE HAPPY TO DISCUSS THEM WITH YOU.  
PLEASE NOTE THAT WHILST WE MINIMISE THE RISK OF CROSS-CONTAMINATION, WE HANDLE ALLERGENIC INGREDIENTS THROUGHOUT OUR KITCHENS AND CANNOT GUARANTEE ANY ALLERGEN-FREE DISHES.  
OUR VEGAN DISHES ARE MADE TO VEGAN RECIPES BUT MAY NOT BE SUITABLE FOR GUESTS WITH MILK OR EGG ALLERGIES. (VG) - SUITABLE FOR VEGAN REQUIREMENTS / (V) - SUITABLE FOR VEGETARIAN REQUIREMENTS.  
ADULTS NEED AROUND 2000 KCAL A DAY. A DISCRETIONARY 13.5% SERVICE CHARGE WILL BE ADDED TO YOUR BILL. ALL PRICES INCLUDE VAT.