

CUBA BREAKFAST



Vegan Breakfast Bowl



Fuq Hassa



Waistline Waffle



American Style Pancakes

- (V) - Vegetarian
- (N) - Nuts
- (L) - Lactose
- (G) - Gluten
- (E) - Eggs
- (F) - Fish
- (SH) - Spicy Hot
- (M) - Mustard

Most of the items marked (G) - Gluten, can be replaced by gluten free bread. Kindly advise your server should you wish to do so.

In the case of severe allergies, please be advised that the environment of our kitchens is not 100% gluten free.

Glossary

Guacamole - Is a blend of avocado, jalapenos, coriander, lime and olive oil. Most typical of Mexico, created by the Aztec tribes.

Pico de Gallo - A refreshing salsa made of chopped tomatoes, celery, onions, garlic, coriander and lime juice.

Natural

NEW Barley, Raisins, Walnuts and Honey with Yoghurt (N,L) - €3.50

NEW Yoghurt with Wholegrain Oats, Dried Berries, Apple and Cinnamon Mix (N,L) - €3.75

NEW High Protein Vegan Breakfast Bowl (V,N) - €5.25

Garden peas, broad beans, cucumber, dill tops, red kidney beans, chickpeas and garlic-marinated mushrooms, served on a lightly seasoned rice-cake, and dressed in our own peanut butter and soy sauce

NEW Vegan Pita Pocket (V,G) - €4.85

A chickpea and red kidney bean mix, pico de gallo, rucola, iceberg lettuce and sliced cucumber, served in a guacamole spread wholemeal pita bread

Pastizzi

Pastizzi, a flakey pastry filled with **Rikotta** (fresh cottage cheese) (L,G,E) or **Pizelli** (a split pea and onion mash) (L,G,E), have been a typical Maltese snack, especially at breakfast time with a glass of tea or coffee, for hundreds of years - **€0.60**

Cooked

El Classico (L,G) - €3.95

Smoked ham and cheddar cheese toasted sandwich

Cuba Classic Bagel (L,G,E) - €4.25

Fried egg, smoked ham and melted cheddar cheese in a toasted bagel, served with rocket leaves

Fisherman's Glory (F,G,E,L) - €5.95

Scottish smoked salmon, creamy scrambled eggs and rucola, in a toasted bagel

"Fuq Hassa" 😊 (G,E) - €6.75

Breakfast in a Bun - Grilled sausages, fried eggs, bacon, pan-fried onions, brown sauce and lettuce, in a toasted local 'ftira'

NEW Waistline Waffle (G,L,E) - €6.25

Homemade waffle with guacamole, cream cheese, cucumber, olives, tomato and parsley dressed with a lemon and thyme infused oil

NEW Bacon & Mushroom Waffle (G,L,E) - €6.25

Freshly made waffle with bacon, garlic marinated mushrooms, truffle cream sauce, grana shavings and parsley

NEW Full English Waffle (G,L,E) - €6.25

Freshly made waffle with fried egg, grilled sausage, bacon, baked beans, sweet onion jam, rucola and cherry tomato

La Frittata (G,L,E) - €5.25

Cream and egg frittata, with a choice of any TWO of the following ingredients; Smoked ham; cheddar cheese; onions; tomatoes; mushrooms or sweet peppers
Extra ingredients over and above the basic two are charged at €0.80 each

NEW Salmon Benedict (G,L,E,M) - €5.95

Smoked salmon, poached egg and rucola, served on a brioche bun slice and smothered in Hollandaise sauce

Senor Ingles - Full English Breakfast (L,G,E) - €8.95

Two fried eggs, two sausages, baked beans, sautéed mushrooms, bacon, grilled tomatoes, hash browns, toast and butter

Sweet

Freshly Baked Croissants (L,G,E,N) - €2.95

Plain or chocolate filled

Pancakes (L,G,E,N) - €4.25

Served with a choice of maple syrup, chocolate sauce or strawberry purée

Sweet and Savoury American Style Pancakes (G,L) - €4.95

A stack of three pancakes with crispy bacon and topped with maple syrup

NEW Waffles (L,G,E,N) - €5.25

Honey, Walnut and Green Apple OR Caramel, Banana and Cashew Nuts