



BREAKFAST À LA CARTE

08 – 11 a.m.

Egg Variations (free-range)

Boiled egg, egg in a jar, fried egg, scrambled egg or omelette

ADD ON Chives / herbs from the garden / tomatoes /
ham / bacon / cheese

Egg Florentine

Brioche toast, free-range egg, spinach, hollandaise sauce

Porridge (v)

Oat flakes, fresh berries, almonds

Buckwheat Porridge (v)

Buckwheat from South Tyrol, fresh berries, almonds

Overnight Oats (v)

Oat flakes, linseed, hazelnuts, seasonal fruit

Crunchy Muesli (vegan option)

South Tyrolean yoghurt, crunchy muesli, berries
(alternatively with sheep's yoghurt)



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08 – 11 a.m.

Pancakes (vegan option)

Maple syrup, fresh strawberries

Fruit salad (v)

Pickled and fresh fruit from the Arnica Garden

Raw vegetables (v)

Fresh vegetables, hummus, olive oil, Maldon salt

Cheese variation

Goat's camembert, cow's milk cheese, Roquefort,
homemade chutney

Variation of cold cuts

Salami, speck, ham

Char

Smoked char from South Tyrol,
pickled vegetables