

Lido Market

good morning

BAKERY SHOP RISE

BREADS: 3 SEED • 6 SEED • WHOLE GRAIN • ARTISAN BREADS • PUMPERNICKLE • CHALLAH • DONUTS & DANISHES • CINNAMON BUNS • FRENCH BAGUETTE • SESAME • POPPYSEED • WHOLE GRAIN • KAISER • WHEAT AND HONEY • CHOCOLATE MUFFINS • BLUEBERRY MUFFINS • BRAN MUFFIN • NO SUGAR ADDED MUFFIN • BRIOCHE LOAF • RAISIN LOAF • PECAN APPLE LOAF • CINNAMON CRUMP COFFEE CAKE • LEMON POUND CAKE • BLUEBERRY STREUSEL LOAF

daily croissant: ALMOND CROISSANT

BREAD BOARD

daily juices: cranberry • apple • orange • grapefruit • prune • tomato • V8

daily fruits: apple • banana • orange • pears • strawberry • chopped fruits

french baguettini and breads

topped with prosciutto*, salami*, cheese, mortadella, ham • 2 kinds of rolls • 2 kinds of sliced bread • 3 kinds of danishes • croissants • chocolate croissants • raisins buns

poached egg: egg benedict • egg florentine

WILD HARVEST

*daily smoked fish, herring, and cold cuts **

2 kind of cold cut, ham*, turkey*, roast beef*, salami *, prosciutto * • salmon* • trout* • 2 kinds of herring *

cereals, yogurts, in large bowls

6 kinds of cereals • greek yogurt • vanilla greek • fruit yogurt • mango puree • triple berry puree • 2 kinds chopped fruits

daily salad items

tomato • cucumber • onions • lettuce • carrots • beet roots • bell pepper • anti pasti • 2 kinds of cheese

• hardboiled egg

milk jars, breads, and crackers

skim • 2%, whole • chocolate milk • whole grain • pumpernickel • rolls •

DISTANT LANDS ITALIAN

daily eggs

omelet whole egg • egg white omelet • eggbeater • fried egg *

breads

bagel • english muffin • white bread • brown bread • rye • rolls • assorted danishes • croissants

create your own omelet

onions • bell pepper • tomato • spinach • olives • mushrooms • jalapenos • diced ham • smoked salmon * • avocado • clarified butter or pam spray

cheese for omelet

feta • cheddar • goat cheese • pepper jack • four kind of cream cheese

hot condiments

patties • bacon • hash brown • pork link • turkey bacon

DISTANT LANDS ASIA

daily eggs

omelet whole egg • egg white omelet • eggbeater • fried egg *

breads and danishes

bagel • english muffin • white bread • brown bread • rye • pandesal

create your own omelet

onions • bell pepper • tomato • spinach • olives • mushrooms • spinach • jalapenos • diced ham • smoked salmon * • avocado • clarified butter or pam spray

cheese for omelet

feta • cheddar • goat cheese • pepper jack • four kind of cream cheese

salsa

pico de gallo

hot condiments

patties • bacon • hash brown • pork link • turkey bacon

congee

congee topping • chili • scallions • seaweed • boiled egg • roasted garlic • bonito flakes • chili oil • fish sauce • tofu • shredded roasted chicken • soy sauce

indian breakfast

aloo choka, Roti

ROASTING PAN

carvery

GERMAN MEATLOAF • HAM

daily

scramble • home fried potatoes • hash brown • baked beans • bacon • english bacon • english bangers • turkey link • pork link • mushrooms • grilled tomato • • 2 kinds sliced fresh fruit • 2 kinds of oats

breads and english pastries

rye bread • rolls • 2 kinds of scones

waffle, pancake, crepes

buttermilk • buckwheat pancake • waffle • crepes

condiments

cinnamon sugar • powdered sugar • chocolate sauce • whipped cream • apple compote • strawberry compote • mixed berry compote • nutella



gluten-free



non-dairy



vegetarian



no sugar added

If you have a food allergy or intolerance, please inform your server before placing your order

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* Public Health Advisory: Consuming raw or undercooked meats, seafood, shellfish, eggs, milk, or poultry may increase the risk for foodborne illness, especially if the consumer has certain medical conditions.

HOMESTEAD

daily

scramble eggs • fried eggs * • boiled eggs • 3 kind of sliced cheese • bacon • pork link • turkey link • turkey bacon • patties • venison sausage spicy and regular • hash brown • veggie link • pancakes blueberry, plain and banana • white bread • wheat bread • rye bread • english muffins • bagels 6 kinds • french toast • standard cold cut • ham • turkey • salami • smoked salmon * (onion, caper, lemon, tomato, dill) • cottage cheese

SWEET SPOT /KICK START

in large bowls

muesli • chia seed pudding • non-dairy chia seed pudding • greek yogurt • vanilla greek yogurt fruit yogurt • mango puree • mixed berry puree • sliced and sliced fruits • prunes compote • berry compote • strawberry compote • banana • orange • apple • pears • strawberry • grapefruit segments

bread, crackers

pumpnickel • crackers • gluten free • rice cracker

dried fruits and nuts/seed

mango • apple • banana • pears • cherries • cranberry • raisins • pineapple • strawberry pecan • hazelnuts • walnuts • almonds • flax • chia • sunflower • pumpkin • sesame seed

milks

almond, rice, skim, soya, butter, oat milk

fresh fruits, whole fruits and purees

grapefruit segment • orange segment • pineapple • melons • mango • banana • strawberry • berries • mango puree • triple berry puree

in small bowls

chia seed pudding (dairy & non-dairy)

salad

kale, lettuce, avocado, tabouleh, hummus, spinach

oats/grains

oats, steel cut, barley, quinoa, bulgur

cheese and yogurts

vegan cheese, mozzarella, ricotta, cottage greek yogurt, vanilla greek, flavored fruit yogurt

cooked

kidney, black eye peas, white beans, lentils, chickpeas

HEALTH CORNER