

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 • TURKEY SAUSAGES • EGG WHITE AND SPINACH • 3 OF KINDS CROISSANT • CHOCOLATE MUFFINS • BLUEBERRY MUFFINS • BRAN MUFFIN • PLAIN MUFFIN • NO SUGAR ADDED MUFFIN • BRIOCHE LOAFs • RAISIN LOAFs • PECAN APPLE LOAFs • CINNAMON CRUMP COFFEE CAKE <i>seasonal: DAILY CROISSANT</i> <i>daily juices:</i> cranberry • apple • orange • pineapple • tomato <i>daily fruits:</i> apple • banana • orange • pears • strawberry • chopped fruits <i>french baguettini and breads</i> topped with prosciutto*, salami*, cheese, mortadella, ham • 2 kinds of rolls • 2 kinds of sliced bread • 3 kind of danishes • croissants • chocolate croissants • raisins buns •
BREAD BOARD	<i>daily smoked fish, herring, and cold cuts *</i> 2 kind of cold cut, ham*, turkey*, roastbeef*, salami *, prosciutto * • salmon*• trout*•2 kinds of herring * <i>cereals, yogurts, in large bowls</i> 6 kinds of cereals • greek yogurt • vanilla greek • muesli • mango puree • triple berry puree • berries <i>daily salad items</i> tomato • cucumber • onions • lettuce • beet roots • bell pepper • anti pasti • hard boiled egg <i>milk jars, breads, and crackers</i> skim • 2%, whole • chocolate milk • whole grain • pumpernickel • rolls • wasa • dutch rusk <i>seasonal</i> tomato, lettuce, cucumber, red onions, boiled egg, roggerbrood, hagelslag
WILD HARVEST	<i>daily eggs</i> omelet whole egg • egg white omelet • egg beater • fried egg * <i>breads</i> bagel• English muffin • white • brown • rye • rolls • assorted danishes • croissant <i>create your own omelet</i> onions • bell pepper • tomato • spinach • olives • mushrooms • spinach • jalapenos • diced ham • smoked salmon * • avocado • clarified butter or pam spray <i>cheese for omelet</i> feta • cheddar • goat cheese • pepper jack • 4 kinds of cream cheese <i>hot condiments</i> bacon • hash brown • pork link
DISTANT LANDS ITALIAN	<i>daily eggs</i> omelet whole egg • egg white omelet • egg beater • fried egg * <i>breads and danishes</i> bagel • english muffin • white • brown • rye • pandesal <i>create your own omelet</i> onions • bell pepper • tomato • spinach • olives • mushrooms • spinach • jalapenos • diced ham • smoked salmon * • avocado • clarified butter or pam spray <i>cheese for omelet</i> feta • cheddar • goat cheese • pepper jack • 4 kinds of cream cheese <i>hot condiments</i> bacon • hash brown • pork link
DISTANT LANDS ASIA	<i>congee</i> congee topping • chili • scallions • seaweed • boiled egg • roasted garlic • bonito flakes • chili oil • fish sauce • tofu • cooked beef/chicken • soy sauce <i>carvery</i> HAM SAUSAGE RING <i>daily</i> baked beans • scramble • bacon • english bacon • english bangers • turkey link • pork link • mushrooms • grill tomato • 2 kinds sliced of fresh fruit • 2 kinds of oats <i>breads and english pastries</i> rye bread • rolls • 2 kind of scones <i>waffle, crepes, choco waffle</i> butter milk, apple, cinnamon, chocolate
ROASTING PAN	<i>daily</i> scramble eggs • fried eggs * • boiled eggs • 3 kind of sliced cheese • bacon • pork link • turkey link • turkey bacon • patties • hash brown • veggie link • pancakes blueberry, plain and banana • white bread • wheat bread • rye bread • english muffins • bagels 6 kind • french toast • standard cold cut • ham • turkey • roastbeef * • grits • oats • smoked salmon * (onion, caper, lemon, tomato, dill) • cottage cheese <i>in large bowls</i> muesli • chopped fruits • berries • greek yogurt • vanilla greek yogurt • mango puree • triple berry puree • sliced fruits • prunes • apricot • berry compote • strawberry compote • banana • orange • apple • pears • strawberry • grapefruit segments <i>bread, crackers</i> pumpernickel • wasa • gluten free • rice cracker <i>dried fruits and nuts/seed</i> mango • apple • banana • pears • cherries • cranberry • raisins • pineapple • strawberry • pecan • hazelnuts • walnuts • almonds • flax • chia • sunflower • pumpkin • sesame seed
HOMESTEAD	
SWEET SPOT /KICK START	
HEALTH CORNER	

Milks

almond, rice, skim, soya, butter

fresh fruits, whole fruits and purees

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

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, chick peas