

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 LOAF • RAISIN LOAF • PECAN APPLE LOAF • CINNAMON CRUMP COFFEE CAKE

seasonal: **BAMMY** (Jamaican cassava bread)

BREAD BOARD

daily juices: cranberry • apple • orange • pineapple • tomato

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 kind of danishes • croissants • chocolate croissants • raisins buns • caribbean corn bread

sandwich in basket: SIMPLE SANDWICH HAM

with poached egg: CARIBBEAN POACHED EGG BREKKIE | OSCAR

WILD HARVEST

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

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

cereals, yogurts, in large bowls

6 kinds of cereals • greek yogurt • vanilla greek • muesli • mango puree • triple berry puree • berries

daily salad items

tomato • cucumber • onions • lettuce • beet roots • bell pepper • anti pasti • hard boiled egg

milk jars, breads, and crackers

skim • 2%, whole • chocolate milk • whole grain • pumpernickel • rolls • wasa • dutch rusk

seasonal

tomato | beet roots | cucumber | onions | lettuce | olive oil | baslamic vinegar | wasa | pumpernickel special cold cuts | special cheese

DISTANT LANDS ITALIAN

daily eggs

omelet whole egg • egg white omelet • egg beater • fried egg *

breads

rolls • assorted danishes • croissants • spanish breads

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

hot condiments

patties • bacon • red skin potatoes • hash brown • turkey link • pork link

daily seasonal:

aloo choka, roti

DISTANT LANDS ASIA

daily eggs

omelet whole egg • egg white omelet • egg beater • fried egg *

breads and danishes

bagel • english muffin • white • brown • rye • ensaymada • 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

hot condiments

patties • bacon • red skin potatoes • hash brown • turkey link • pork link

congee

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

daily seasonal: aloo choka, roti

ROASTING PAN

carvery

HAM | SMOKED PORK ROASTED

daily

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

breads and english pastries

rye bread • rolls • 2 kind of scones

waffle, crepes, choco waffle

butter milk, apple, cinnamon, chocolate

special: DUTCH PANCAKE WITH CINNAMON APPLE

seasonal: corn beef with grits



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 • 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

special: VEGGIE SCRAMBLE EGG WHITE

seasonal: bisquit and sausage gravy, huevo habaneros

SWEET SPOT
/KICK START

in large bowls

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

bread, crackers

pumpnickel • wasa • 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

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

HEALTH
CORNER