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# *Breakfast*

*Gluten-free menu*

## *Fresh fruit*

*Selection of fresh fruit*

## *Yogurt*

*Assorted fruit flavours, plain yogurt*

## *Assorted cereals*

*Cornflakes, cereal and fruit muesli*

## *Jams and preserves*

*Fruit jams, honey, butter*

## *Bakery products*

*Gluten-free croissants, gluten-free muffins,  
gluten-free plum cakes*

## *Bread*

*Gluten-free white rolls, sliced rice and buckwheat bread, sliced gluten-free white or country bread*

## *Eggs*

*Choice of:*

*scrambled, fried, poached or boiled (3 or 8 minutes) eggs cooked to order*

## *Charcuterie*

*Ham, raw ham, salami*

## *Cheeses*

*Emmental and Fontal*

## *Beverages*

*Selection of teas, instant coffee, whole or semi-skimmed milk*

## *Fruit juices*

*Orange, pineapple, tropical, grapefruit*

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MSC Cruises takes all possible precautions to ensure that the food offered to its guests is of the highest quality.  
Certain foods may have been frozen. These foods are defrosted using the most scrupulous procedures that do not alter the organoleptic qualities of the products.  
We advise that eating raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.  
All menus are subject to change depending on gluten-free product availability. All dishes are available slightly salted or unsalted.