

**BREAKFAST**



# PERIDOT

bayside dining

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A green gemstone found in the serpentinite rock-forms around Oman. A bright green jewel associated with meditation and the sun, like a diamond it is formed from the volcanic activity that once shaped the coastline of Muscat and gave us this iconic bay.

## BREAKFAST

### MUSCAT BAY - 14

Freshly Squeezed Juice Fruit, Vegetable or Daily Detox (GF, VG)  
Seasonal Sliced Fruit Platter (GF, VG)

#### Bakery Basket

French Baguette, Corn, Wheat, Rye and Arabic Bread (N, D, E)  
Butter, Jam, Honey, Marmalade

#### Labneh

Lebanese Dried Yoghurt (V, GF, D)

#### Oriental Favourite

Eggs Shakshouka, Fül Medames, Balaleet, Falafel, Potato & Chickpeas (SE, E)

Freshly Brewed Coffee, Fine Tea, Fresh, Skimmed or Almond Milk

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### ENGLISH - 14

Freshly Squeezed Juice Fruit, Vegetable or Daily Detox (GF, VG)  
Seasonal Sliced Fruit Platter (GF, VG)

#### Bakery Basket

White & Brown Toast, French Baguette, Corn, Wheat & Rye Bread (N, D, E)  
Butter, Jam, Honey, Marmalade

#### Choice of Cereal | Milk | Yogurt (N, D)

All Bran, Cornflakes, Coco Pops or Rice Krispies  
Fresh, Skimmed, Almond or Soy Milk  
Natural or Fruit Yogurt

#### Two Eggs Any Style (E)

Chicken or Beef Sausage  
Hash brown, Grilled Tomato, Mushrooms, Baked Beans, Crispy Beef Bacon

Freshly Brewed Coffee, Decaffeinated Coffee or Fine Tea

(A) ALCOHOL | (V) VEGETARIAN | (N) CONTAINS NUTS | (GF) GLUTEN FREE  
(SE) CONTAINS SESAME | (SF) CONTAINS SHELLFISH | (D) CONTAINS DAIRY | (E) CONTAINS EGG  
(S) CONTAINS SOY | (VG) VEGAN | (R) RAW FOOD

All charges are in OMR and subject to Service Charge and Taxes  
(Service Charge 8%, Municipality Fees 5%, Tourism Fees 4% and VAT 5%)

## CONTINENTAL - 10

Freshly Squeezed Juice Fruit, Vegetable or Daily Detox (GF, VG)  
Seasonal Sliced Fruit Platter (GF, VG)

### Bakery Basket

White & Brown Toast, Croissant, Danish, Cinnamon Rolls, Mini Muffins (N, D, E)  
Butter, Jam, Honey, Marmalade

### Choice of Cereal | Milk | Yogurt (N, D)

All Bran, Cornflakes, Coco Pops or Rice Krispies  
Fresh, Skimmed, Almond or Soy Milk  
Natural or Fruit Yogurt

Freshly Brewed Coffee, Decaffeinated Coffee or Fine Tea

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## HEALTHY - 14

Freshly Squeezed Juice Fruit, Vegetable or Daily Detox (GF, VG)  
Seasonal Sliced Fruit Platter (GF, VG)

### Bakery Basket

White & Brown Toast, French Baguette, Corn, Wheat & Rye Bread (N, D, E)  
Butter, Jam, Honey, Marmalade

### Egg White Omelette (E)

Asparagus, Grilled Tomato (V, GF)

Or

### Grilled Vegetable Platter

Assorted Greens, Roasted Cherry Tomato, Balsamic Dressing (GF, VG)

### Hot Organic Oatmeal

Brown Sugar, Banana, Raisins (VG)

Or

### Chia Seed Pudding

Cranberries, Almonds, Coconut Shaving (V, N, D)

Freshly Brewed Coffee, Decaffeinated Coffee or Fine Tea

(A) ALCOHOL | (V) VEGETARIAN | (N) CONTAINS NUTS | (GF) GLUTEN FREE  
(SE) CONTAINS SESAME | (SF) CONTAINS SHELLFISH | (D) CONTAINS DAIRY | (E) CONTAINS EGG  
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## A LA CARTE BREAKFAST

### Bakery Basket - 4

White & Brown Toast, Croissant, Danish, Cinnamon Rolls, Mini Muffins (N, D, E)  
Butter, Jam, Honey, Marmalade

### Seasonal Sliced Fruit Platter (GF, VG) - 4

### Healthy Bowl - 4

Greek Low-fat Honey Yogurt, Mango, Avocado, Berries, Passion Fruit,  
Flax Seeds, Granola, Cinnamon (V, N, D)

### Chia Seed Pudding - 4

Cranberries, Almonds, Coconut Shaving (N, D)

### Hot Organic Oatmeal - 4

Brown Sugar, Banana, Raisins (VG)

### Choice of Cereal & Milk (N, D) - 3

All Bran, Cornflakes, Coco Pops or Rice Krispies  
Fresh, Skimmed, Almond or Soy Milk

### Saffron French Toast - 4.5

Saffron & Cardamom infused Toast, Mixed Berries (V, D, E)

### Golden Waffles - 4.5

Whipped Cream, Maple Syrup, Mix Berries (V, D, E)

### Buttermilk Pancakes - 4.5

Whipped Cream, Maple Syrup, Mix Berries (V, D, E)

### Eggs Benedict - 5

English Muffin, Smoked Salmon or Turkey Ham, Spinach, Hollandaise Sauce (D, E)

### Shakshouka - 5

Two Eggs, Tomato, Arabic Bread (E)

### Two Eggs Any Style (E) - 5

Chicken or Beef Sausages  
Hash brown, Grilled Tomato, Mushrooms, Baked Beans, Crispy Beef Bacon

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(SE) CONTAINS SESAME | (SF) CONTAINS SHELLFISH | (D) CONTAINS DAIRY | (E) CONTAINS EGG  
(S) CONTAINS SOY | (VG) VEGAN | (R) RAW FOOD

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