



**DE LIGHT**



Our De-Light menu is based on a new low-calorie gastronomy program in partnership with Sofitel Thalassa Sea & Spa. The De-Light menu offers a healthy, balanced & delicious option with less than 500 calories.

**Low-fat yogurt granola 310 cal** 21  
*Assorted fresh berries and coulis fraise*

**Sliced fruit and berries 116 cal** 20  
*Melons, pineapple, grapefruit, berries served with candied ginger yogurt*

**Fresh assorted berries 156 cal** 20  
*Strawberries, blueberries, blackberries and raspberries topped with cottage cheese*

**Pink grapefruit segments 94 cal** 14  
*Strawberry and honey*

**Egg white omelet 301 cal** 23  
*Green asparagus, sun-dried tomatoes, wild mushrooms, Tomato coulis and wheat toast*

**TRADITIONNALS**

*Includes your choice of fresh juice, French press coffee, hot chocolate or tea*

**The Continental 26**  
*Basket of freshly baked assorted French viennoiseries and sliced fruit*



**The American 31**  
*Two fresh eggs your way, sausage or bacon served with potatoes*

**ORGANIC EGGS**

*All egg dishes are served with sautéed baby marbled potatoes, parsley & onions.*

**Chef's signature scrambled eggs 21** Served on grilled pita bread with avocado, onion, red pepper, asparagus, cheddar cheese

**The New Yorker 25** Two fresh eggs "your way", 5 oz. Grilled sirloin steak

**Eggs Benedict 22** Canadian bacon on English muffin, Hollandaise Sauce

**Eggs Royale 22** Smoked salmon on English muffin, Hollandaise Sauce

**Gaby omelet 22** Goat cheese, spinach

**Parisian omelet 22** White ham, gruyere, mushroom

**SWEET AND SAVORY**

**Mini NY bagel & smoked salmon 19** Sour cream, cream cheese, capers, onion, tomato, lemon

**French toast 17** Slices of brioche, crusted with glazed corn flakes with caramel sauce

**Savory French toast 17** Ham and provolone cheese French toast

**Belgian waffle 17** Served with peach compote and caramel

**Pancakes plain or Blueberry 17** Served with Nutella or 100% Maple Syrup

**Cereal or Oatmeal plate 13**

Banana +4

Berries +6

**JUICES**

**Fresh juice 6**  
*Orange, grapefruit, tomato, pineapple, carrot, cranberry*

**Freshly squeezed juice 10**

**Detox Pomegranate 6**

**Fruit smoothie of the day 9**

**HOT BEVERAGES**

**French-press coffee 7**

**Espresso 7**

**Double espresso 9**

**Cappuccino, latte 8**

**Hot chocolate 6**

**Hot tea or herbal infusion 6**

*English Breakfast Chamomile  
Green Tea Peppermint  
Darjeeling Lemon Verbena  
Decaf Ceylon Raspberry  
Earl Grey Cinnamon spice*

**SIDES**

**Baguette, whole-grain bread or muffin of the day 4** Turkey or pork sausage 6

**Two mini bagels with cream cheese 8** Smoked pepper bacon or turkey bacon 6

**Low-fat plain or Greek yogurt 8** Slice of brie cheese and Parisian ham 7

**Smoked salmon 11**

For a group of 6 attendees or more, a 20% gratuity will be added automatically.



De-Light: an healthy, balanced and delicious meal with less than 700 calories. Gluten Free

The consumption of raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food-born illness. Some food may contain nuts, dairy, eggs, shellfish or other allergens. Please notify of any allergy or restriction.