

A detailed illustration of a three-masted sailing ship, viewed from the front. The ship has a dark hull with a white stripe along the waterline. The masts are tall and complex, with numerous rigging lines. A flag flies from the top of the mainmast. The ship is shown on a stylized sea with several horizontal lines representing waves. The word "BREAKFAST" is printed in a bold, serif font across the middle of the ship's rigging.

**B R E A K F A S T**

**A M E R I C A N   E X P O R T   L I N E S**

# Breakfast

## FRUITS and JUICES

JUICES: Orange Grapefruit Pineapple  
Baked Apple Sweet Cherries Plums in Syrup  
Blueberries Stewed Mixed Fruit Stewed Prunes Figs in Syrup  
Sliced Bananas with Cream

*Orange, Apple*

## CEREALS

Boiled Semolina with Milk Hot Wheatena  
Rice Krispies Puffed Rice Wheaties Grape Nuts Puffed Wheat  
Corn Flakes All Bran Post Toasties Shredded Wheat Bran Flakes

## FISH

Broiled Bloater, Butter Sauce

## EGGS

Fried with Ham Omelette: Plain Portugaise Confiture  
Scrambled with Chopped Ham, Stewed Tomatoes or Plain  
Fried, Boiled or Shirred Eggs

## MEAT

Browned Roast Beef Hash

## FROM THE GRILL

Breakfast Bacon Sausages Yorkshire Ham

## POTATOES

Saute Parsley

## COLD DISHES

Various Kinds of Fresh and Smoked Sausages  
American or Swiss Cheese

## ROLLS - MUFFINS - TOAST

Bran Muffins French, Dry or Buttered Toast Assorted Buns  
Waffles or Griddle Cakes with Maple Syrup or Honey

## JAMS - PRESERVES

Raspberry Guava Jelly Blackberry Peach Strawberry Pineapple  
Grape Red Currant Jelly Bar-le-Duc Sweet Marmalade Cherry

## BEVERAGES

*Sanka* Coffee Milk Cocoa Chocolate Postum Ovaltine  
English Breakfast, Orange Pekoe, Green, Ceylon or Oolong Tea

