



A MAP OF THE WEST INDIES AND CARIBBEAN SEA by BRUCE E. ROBERTS



Good Morning

breakfast

JUICES

Orange Tomato Grapefruit Prune Pineapple

FRESH FRUITS

✓ Chilled Grapefruit Sliced Fresh Orange Pears Apples
Chilled Melon Sliced Banana with Cream

COMPOTES

Peaches Pears
Baked and Stewed Fruits : Apple Prunes

CEREALS

Corn Flakes All Bran Shredded Wheat ✓ Puffed Rice Rice Krispies
Puffed Wheat Special "K"
Hot : Oatmeal Wheatina Cream of Wheat

FISH

Smoked Herring
Poached Finnan Haddie, Melted Butter or in Cream

EGGS

Boiled Poached ✓ Shirred Fried with Bacon and Ham
Scrambled : Plain or with Mushrooms or Tomatoes
Omelettes : Plain Spanish Cheese Confiture

FROM THE GRILL

Ham Steak Chopped Sirloin Steak Breakfast Sausages
✓ American or Canadian Bacon

ASSORTED COLD CUTS

Cooked Ham Roastbeef Assorted Cheese

POTATOES

French Fried Hashed Home Style

BREAD

White and Rye Breads Rolls Brioches Waffles
Grilled Cakes with Maple Syrup Toast ✓ Assorted Muffins
Croissant Danish Pastry

PRESERVES

✓ Orange Marmalade
Jams : Apricot Strawberry Cherry

BEVERAGES

Coffee ✓ Sanka Postum Tea Cocoa Milk Skimmed Milk Yoghourt