



Breakfast

Eggs Benedict 12.50 Ham, poached eggs, hollandaise, potato rösti 1277 kcal	The German Gymnasium 16.50 Scrambled eggs, Nürnberger sausages, Black Forest ham, tomato, mushrooms, potato rösti, sourdough toast 929 kcal	Berlin 17.50 Two fried eggs, Emmentaler cheese, cooked ham, fresh fruit, strawberry jam, toast, butter 867 kcal
Eggs Royale 16.50 Smoked salmon, poached eggs, hollandaise, potato rösti 1048 kcal	Hamburg 16.50 Smoked salmon, scrambled eggs, chives 348 kcal	Mannheim 15.00 German grilled meatloaf, fried egg, toasted rye bread 746 kcal
Eggs Florentine 12.50 Spinach, poached eggs, hollandaise, potato rösti 780 kcal	Heidelberg (VG) 16.50 Avocado, spinach, quinoa, feta, tomato, dark rye, hot sauce 641 kcal	München 13.50 Two poached Weißwurst pork & veal sausage with parsley, sweet mustard, Brezel 685 kcal

CEREAL & FRUITS

Bircher Müsli (V) 6.00 Oats, semi skimmed milk, hazelnuts, orange, honey 589 kcal	Waffles (V) 7.00 With Banana, chocolate sauce 544 kcal
Fresh fruit salat (VG) 6.00 Blueberry, melon, grapes, pineapple, passion fruit 31 kcal	Quarkkeulchen (V) 5.00 German cream cheese cinnamon donuts, blueberry compote 246 kcal
Chia pudding (VG) 4.50 Coconut milk, strawberry, almond crunch 247 kcal	Porridge (V) 5.00 Oats, semi skimmed milk, blueberries, banana, honey Vegan option available 508 kcal

SMOOTHIES & JUICES

The Antioxidant 6.00 Spinach, kiwi, grapes, apple juice 112 kcal	Fruity Pebbles 6.00 Avocado, orange, strawberries, blueberries, oat milk 148 kcal
Early Sunshine 6.00 Passion fruit, grapefruit, goji berries, pineapple juice 102 kcal	The Betakerotene 6.00 Fresh orange juice, ginger, fresh carrot juice, mango pureé 93 kcal
Fresh juices 4.25 Carrot 56 kcal Orange 123 kcal Apple 144kcal Pineapple 150 kcal Cranberry 189kcal Grapefruit 114 kcal	

VIENNOISERIE (V)

Muffins

Blueberry 2.50 406 kcal	Chocolate 2.50 400 kcal	Banana (VG) 2.50 534 kcal
--------------------------------	--------------------------------	----------------------------------

Butter Croissant 3.50 302 kcal	Pain au Chocolat 3.50 292 kcal
---------------------------------------	---------------------------------------

Pain au Raisins

4.00 322 kcal

Strawberry Tart(V)

Blueberries, Vanilla custard

8.00 199 kcal

Strawberries & Quark

6.50 166kcal

ANTIOXIDANT BOOSTERS

Ginger & lemon shot

3.00 35 kcal

Turmeric & Beet shot

3.00 56 kcal

Hot Drinks

Espresso/Double 29 / 58 kcal	2.50 / 3.00	Gymnasium Hot Chocolate 190 kcal	4.50
Macchiato/Double 53 / 94 kcal	3.00 / 3.50	Black Teas	3.50
Americano 27 kcal	3.50	Earl Grey, English Breakfast	
Filter coffee 27 kcal	3.50	Green tea	3.50
Cappuccino 130 kcal	4.00	Jasmine	
Latte 130 kcal	4.00	Other teas	3.50
Flat White 130 kcal	4.00	Camomile, Fresh Mint, Peppermint	

Oat milk available on request

SHOULD YOU HAVE ANY ALLERGIES OR INTOLERANCES, PLEASE ADVISE YOUR SERVER WHO WILL BE HAPPY TO DISCUSS THEM WITH YOU.
PLEASE NOTE THAT WHILST WE MINIMISE THE RISK OF CROSS-CONTAMINATION, WE HANDLE ALLERGENIC INGREDIENTS THROUGHOUT OUR KITCHENS AND CANNOT GUARANTEE ANY ALLERGEN-FREE DISHES.
OUR VEGAN DISHES ARE MADE TO VEGAN RECIPES BUT MAY NOT BE SUITABLE FOR GUESTS WITH MILK OR EGG ALLERGIES. (VG) -SUITABLE FOR VEGAN REQUIREMENTS / (V)- SUITABLE FOR VEGETARIAN REQUIREMENTS.
ADULTS NEED AROUND 2000 KCAL A DAY. A DISCRETIONARY 13.5% SERVICE CHARGE WILL BE ADDED TO YOUR BILL. ALL PRICES INCLUDE VAT.