

LA PÉROUSE

— hôtel —

« Happiness begins with a quiet breakfast »

William Somerset Maugham



On the buffet

Hot Drinks

- ⊞ Nespresso
- ⊞ Original Black Yorkshire Tea *Taylors of Harrogate*
- ⊞ Black Breakfast Tea
- ⊞ Organic Green Tea Sencha
- ⊞ Earl Grey Pointes blanches

We also have lovely infusions

Fruits and Juices

- ⊞ Fresh Orange and/or Grapefruit juice
- ⊞ « *Les Coteaux Nantais* » local fruit juices
Pioneer of organic and local biodynamic arboriculture
- ⊞ Seasonal organic seasonal fruits from « *Kerbio* »
- ⊞ Seasonal Fruit salad

Cheeses from « *Beillevaire* » *local producer for 30 years*

- ⊞ Secret du Couvent – *cow's raw milk*
- ⊞ Couronne Lochoise – *goat's milk covered with ashes*
- ⊞ Long blanc – *goat's milk*
- ⊞ Emmental – *cow's milk*
- ⊞ Curé Nantais – *cow's raw milk*

« *Beillevaire* » yogurts

- ⊞ Natural & no sugar, made of whole milk
- ⊞ Fruit flavoured

Cold Meat

- ⊞ Serrano ham
- ⊞ Ham

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To order !



Hot Drinks

☐ Organic coffee from Peru « Cusco » (french press)

Local roaster, producer without intermediary

« *Un Grain, Une Feuille* »

☐ « *Choc'Hola* » Chunk of organic chocolate with warm milk

natural chocolate, no additive nor fat, 50% pure cocoa & unrefined sugar,

Locally roasted

Bread, pastries & cakes

Delivered daily by our baker « La Boulangerie »

☐ Bread or cereal Bread

☐ Home made gingerbread

☐ Mini pastries

☐ Cakes on Sundays

Local Compote & jam « *Les Cueillettes d'Annette* »

Handpicked local fruits and vegs, « Nature and Progress » labelled

☐ Seasonal jam

☐ Craft apple or pear compote

Cereals

☐ Seasonal Granolas from « *Food Cru* » Dehydrated cereals,
with local fruits, nuts & flowers, no oil nor sugar

☐ Organic muesli from « *Kerbio* »

Other Suggestions

☐ Omelette, scrambled or boiled eggs...

☐ Bacon

Gluten-free or Lactose-free products

☐ Bread

☐ Biscuits

☐ Chia pudding

☐ Mix of goji and organic dried fruits

☐ Rice / Soy / Almond milk