



BREAKFAST MENU



CONTINENTAL BREAKFAST

Coffee or tea (with or without semi-skimmed milk)
 Can Bargalló's Valls toasted bread with extra virgin olive oil and tomato spread
 Assorted cold meats and cheeses
 Assorted sweet pastries from Can Bargalló
 Seasonal fruit
 Orange juice

769 kcal

(3214 kJ)

38% IR

28g Proteins
 33g Fats
 93g Carbs
 6g Fibre

MEDITERRANEAN BREAKFAST

Coffee or tea (with or without semi-skimmed milk)
 Can Bargalló's Valls toasted bread with extra virgin olive oil and tomato spread
 handmade cheese from Can Xicoy
 Iberian ham
 Seasonal fruit
 Orange juice

648 kcal

(2707 kJ)

26% IR

35g Proteines
 36g Fats
 62g Carbs
 4g Fibre

SWEET BREAKFAST

Coffee or tea (with or without semi-skimmed milk)
 Assorted sweet pastries from Can Bargalló
 Toast with butter and jam or honey
 Orange juice

623 kcal

(2605 kJ)

31% IR

13g Proteines
 24g Fats
 67g Carbs
 3g Fibre

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ATHLETE'S BREAKFAST

Coffee or tea (with or without semi-skimmed milk)
Yogurt or oat milk based oatmeal with a pinch of cinammon
Avocado, tomato slices and hard-boiled egg slices on toasted cereal bread.
Seasonal fruit
Orange juice

657kcal

(2748kJ)

33% IR

32g Proteins
25g Fats
82g Carbs
11g Fibre

VEGETARIAN BREAKFAST

Coffee or tea with plant-based milk (oat, rice, almond or soy)
Avocado, tomato slices and extra virgin olive oil on toasted cereal bread
Soy yogurt with assorted seeds
Seasonal fruit
Avocado and apple smoothie (2€ extra)
Orange juice

639kcal

(2670 kJ)

32% IR

15g Proteins
29g Fats
77g Carbs
11g Fibre

LIGHT BREAKFAST

Coffee or tea (with or without semi-skimmed milk)
Seasonal fruit
Skimmed natural yogurt
Toasted cereal bread with ham and soft cheese
Orange juice

374kcal

(1565kJ)

19% IR

20g Proteins
8g Fats
56g Carbs
6g Fibre



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ENGLISH BREAKFAST

Coffee or tea (black or with semi-skimmed milk)
Sausages
Bacon
Beans with tomato
Scrambled eggs or omelette
Toast with butter

541kcal

(2262kJ)

27% IR

27g Proteins
32g Fats
21g Carbs
1g Fibre

NORDIC LOOK BREAKFAST

Coffee or tea (black or with semi-skimmed milk)
Smoked salmon and soft cheese sandwich with sweet mustard dressing
Natural yogurt with seeds or nuts
Seasonal fruit

533kcal

(2227kJ)

27% IR

26g Proteins
21g Fats
59g Carbs
13g Fibre

CHILDREN'S BREAKFAST

Chocolate milk (Cola-Cao)
Breakfast cereal (ChocoKrispies or Corn flakes)
Mini croissants or sweet pastry from Can Bargalló
Bread with extra virgin olive oil and ham
Orange juice (2€ extra for freshly squeezed natural juice)

408kcal

(2112 kJ)

20% IR

15g Proteins
11g Fats
61g Carbs
4g Fibre

BREAKFAST MENU



UPGRADE YOUR BREAKFAST

DO YOU WANT TO REPLACE ANY ITEMS ON YOUR MENU?

Are you a vegetarian, gluten free or do you have any intolerance? or do you just prefer peach juice or apple juice, oat milk or would you like an omelette instead of cheese?

Do not worry! We allow changes in some ingredients of any desired menu. Any change may carry a supplement.

Would you like to put and extra ingredient on your menu?

1€ Supplement

- Yogurt, mini croissant or mini pastry, ham, soft cheese, extra fruit.

2€ Supplement

- Freshly squeezed natural juice, avocado and apple smoothie, catalan cold meats, omelette or hard-boiled egg, sausages, bacon, croissant or brioche.

3€ Supplement

- Avocado, smoked salmon, fresh cheese from Can Xicoy, iberian ham, veggie products.

ORDER YOUR MENU!

To order your menu send us an email (info@savoga.cat) or a whatsapp to (+34) 681 100 686 **before 7 pm the day before** and tell us your room number, your chosen menu and the time that you will want to breakfast (between 8 and 11 h).

If you prefer you can order in room breakfast (5 € / person)

If you don't contact us before 7 pm, a continental breakfast will be served when its possible (depending on the availability of the dining room). Preference will be given to those rooms that have notified us the breakfast time and menu.

Thanks for your collaboration!