

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 (2€ extra for freshly squeezed natural 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
Artisan cheese from Can Xicoy
Iberic ham
Seasonal fruit
Orange juice (2€ extra for freshly squeezed natural 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
Bread with butter and jam or honey
Orange juice (2€ extra for freshly squeezed natural 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)
Bowl with oat milk or yogurt with soft oatmeal with cinnamon, apple, banana and berries
Avocado on toast with cereal bread, tomato slices and hard-boiled egg slices
Orange juice (2€ extra for freshly squeezed natural juice)

657kcal

(2748kJ)

33% IR

32g Proteins

25g Fats

82g Carbs

11g Fibre

VEGETARIAN BREAKFAST

Coffee or tea with vegetable milk (oat, rice, almond or soy)
Avocado on toast with cereal bread tomato slices and extra virgin olive oil
Soy yogurt with banana, nuts and assorted seeds
Avocado and apple smoothie (2€ extra)
Orange juice (2€ extra for freshly squeezed natural 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
Skim natural yogurt
Cereal toasted bread with sweet ham or white cheese
Orange juice (2€ extra for freshly squeezed natural juice)

374kcal

(1565kJ)

19% IR

20g Proteins

8g Fats

56g Carbs

6g Fibre

PROTEIN-RICH BREAKFAST

Black coffee or tea
Smoked salmon
Hard-boiled egg or omelette
Seasonal fruit
Dried fruit

452kcal

(1891kJ)

23% IR

25g Proteins

25g Fats

33g Carbs

9g Fibre



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ENGLISH BREAKFAST

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

541kcal

(2262kJ)

27% IR

27g Proteins
32g Fats
21g Carbs
1g 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

CUSTOMIZED BREAKFAST

Order one of the above breakfast options with any variation, or simply tell us what you want from scratch and we will do our best to see that your needs and preferences are met. Depending on the ingredients/items you order, it may incur an extra cost, which you will be notified of at the time of confirmation.

? kcal

?g Proteins
?g Fats
?g Carbs
?g Fibre

BREAKFAST MENU



UPGRADE YOUR BREAKFAST

DO YOU WANT TO REPLACE ANY ITEMS ON YOUR MENU?

You may choose from any of the items included in other menus or choose from the following options:

Decaffeinated coffee
Vegetable milk (oat, soy or rice)
Lactose-free milk
Whole or skim milk
Cola Cao
Nutella
Spanish potato omelette
Normal or chocolate muesli
Assorted Kellogg's breakfast cereal
(depending on availability)
Peach, apple or pineapple juice

EXTRA 2 €

Vegan chocolate spread
Vegan cheese or cold meats
Avocado
Smoked salmon
Porridge with chia seeds and
cinnamon
Avocado and apple smoothie
Freshly squeezed natural orange juice

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!