



HÔTEL de L'ALPAGE

Breakfast

【Continental Breakfast】

Assortment of Breads

Coffee or Tea

【American Breakfast】

Egg dishes, with eggs sourced from the Yatsugatake Highlands

(Poached Eggs, Sunny-Side Up, Scrambled Eggs, Omelette)

Bacon, Sausages, Steamed Vegetables

Vegetable Soup

Assortment of breads

Coffee or Tea

【Galette Breakfast】

Complète (Eggs, Ham, Gruyere Cheese)

Or

Nature (Butter, Mixed Berries, Honey)

Coffee or Tea

【Japanese Porridge Breakfast】

Okayu / Rice Porridge

Yakumi / Small Condiments

Fried Smelt, Nozawana (Leaf Mustard),

Namekake Mushrooms, Umeboshi (Pickled Plum),

Tateshina-sourced Wasabi Tsukudani (Preserved in Soy Sauce),

Chirimen Sansho (Dried Small Fish with Japanese Pepper),

Onsen Tamago (Soft-Boiled Yatsugatake Highland Egg)

Coffee or Tea

Please inform our staff should you have any dietary requirements or would like to review our allergen menus.

Contents may change depending on the availability of ingredients



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The buffet is included with every course above

【Buffet Table】

Yatsugatake Highland Milk

Juice (Locally sourced Tomato Juice & Apple Juice)

Yogurt from “Atelier du Fromage”

Shinshu Jam, Acacia Honey from “Tateshina Apiary”

Assortment of Cured meat

Green Salad

Fresh Fruits

Cereals

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