

The Breakfast Menu

SUKALDEAN BREAKFASTS

Breakfast is the most important meal of the day because it provides the energy and nutrients that the body needs to start the day and helps to reorganize the metabolic changes that have occurred during the night.

It is advisable to consume FRUIT first, either in its original form or in juice, due to its contribution in water, fructose (rapidly absorbed carbohydrate), fiber and vitamins and minerals.

Secondly, it is advisable to consume DAIRY, in the form of yogurt, cheese, etc. The most important property of this food group is calcium, and proteins of high biological value. They also contain significant amounts of vitamins A, D, B12 and other minerals such as phosphorus.

In the same way, this group is usually accompanied by CEREALS, in the form of flakes or bread. This group provides us with slow absorption carbohydrates, providing the energy that we will need throughout the morning.

Finally, breakfast can be completed with foods rich in protein, whether eggs or sausages and fatty foods such as nuts or extra virgin olive oil.

BASIS ON ALL OPTIONS

Coffee and infusions
Jams
Cream
Extra virgin olive oil

MADE AT THE MOMENT

CLASSIC MENU
Potato omelette made to order

ENERGY MENU

Homemade egg toast at low temperature with hollandaise sauce

HEALTHY MENU

Sautéed zucchini scramble

ALSO:

Grilled Eggs
Bacon

CLASSIC MENU

Walk through the Concha

A classic in Donosti is taking a relaxing walk along La Concha beach.

A traditional breakfast with easy-to-digest foods for a day enjoying the surroundings without rushing.

Traditional fruits rich in vitamin C, such as oranges, sausages combined with low-ripened cheeses and cereals to accompany milk, create a perfect combination to complete breakfast with a classic freshly cooked potato omelette.