



# How to enjoy our breakfast

朝食の楽しみ方のご提案

The hotel staffs recommend ways to enjoy our well-being breakfast that pleases both your body and soul.

ホテルスタッフがおすすめする、身体も心も喜ぶ、ウェルビーイングな朝食の楽しみ方

## Use of Domestic Free-Range Eggs (Animal Welfare)

All eggs used in our breakfast are domestically sourced free-range eggs. These eggs comes from hens raised in environments where hens can move freely, resulting in fresh and safe eggs from healthy, low-stress hens.

### 国産の平飼い卵（アニマルウェルフェア）

平飼い卵は、鶏が自由に動き回れる環境で育てられており、ストレスの少ない健康的な鶏から産まれた新鮮で安全な卵をご用意しております。

## Vegan Curry

Enjoy a pleasant start to your morning after a busy day of travel or a relaxing reading session. This vegan curry is ideal for supporting your health and well-being as a breakfast option.

### ヴィーガンカレー

忙しい旅の日々やリラックスした読書時間の後に、心地よい朝のスタートをお楽しみください。

## Gift from the Land of Japan

Enjoy fresh salads made with seasonal organic vegetables from the Tokyo area. From crisp greens to vibrant root vegetables, savor the natural bounty of local produce while embracing a sustainable start to your day.

### 日本の大地からの贈り物

東京近郊で育てられた旬のオーガニック野菜を使用したサラダをお楽しみください。シャキシャキとした葉物や彩り豊かな根菜など、地産地消の自然の恵みを味わいながら、サステナブルな朝のひとときをお過ごしください。

## The Deliciousness of Domestic fruits is Preserved

### Wakayama orange juice

Very thick and refreshing taste.  
100% additive-free pure juice.

### Aomori apple juice

Tastes as good as eating apples.  
No antioxidant straight juice.

### 日本のフルーツのおいしさがそのまま

和歌山県産みかんジュース  
青森県産りんごジュース





PARK BREAKFAST - A Luxurious Morning Pursuing Well-Being

PARK BREAKFAST - ウェルビーイングを追求する贅沢な朝

**-Buffet-**

【Chilled Dish】

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Salad: Organic vegetables from the Tokyo and others

Appetizers: Prosciutto, salami, smoked salmon, and more

Cheese: Comte, Camembert, Blue Zan Pepper, Mini Mozzarella, and more

Fruits

Cereals

Plain and Greek yogurt

【Hot Dish】

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Three types of domestic free-range egg dishes

Steamed vegetables: Carrots, cauliflower, potatoes, spinach, and more

Azumino Genki pork bacon and sausages

Daily meat dish

Daily soup

Breads: Danish, white bread, English muffins, rice flour bread, and more

Peking original porridge

Daily Japanese side dishes, pickles, and miso soup

Tofu hot pot

Vegan curry

【Beverage】

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Coffee / Cappuccino / Café Latte / Espresso / Tea

Wakayama orange juice

Aomori apple juice

Okoppe Organic Milk -Produced in Okoppe Town, Hokkaido / Certified Organic (JAS)

Menu may change without notice due to circumstances.

Please inform if you have any food allergies or restrictions in advance.

The rice used in the restaurant is domestically produced unless otherwise specified.





Since 1948

**Shiba Park Hotel**

The Library Hotel by Shiba Park Hotel