

STELLAR BREAKFASTS

BY NICK DALL

DEFINITELY DON'T SKIMP ON BREAKFAST — IT'S THE MOST IMPORTANT MEAL TO GET RIGHT

Breakfast is the last meal guests eat before checkout, so it should be an especially important area of focus for hoteliers. But as new culinary trends bring tides of change to hotel lunch and dinner menus the world over, breakfast is the one meal that remains startlingly static. We've scoured the planet to find places that are

giving greasy fry-ups and platters of two-day-old charcuterie a very wide berth.

More and more guests have specific dietary requirements, and these are never more important than first thing in the morning. Dubai-based hotel group Jumeirah works with Talise Nutrition, whose executive chef Gabi Kurz consults at all of their hotels including the Burj Al Arab. Chef Gabi ensures that there are gluten-free and paleo options on all Jumeirah menus, and her 'liquid muesli' containing millet, lemon, apple, celery, cucumber and papaya is perfect for people who find it hard to eat in the mornings. Egg-white omelettes are another healthy breakfast staple.

Another increasingly popular trend is the movement towards ethnic options, either in their original form or as a quirky twist to a traditional favourite. This may entail substituting traditional maple syrup with Asian variants, or going the whole hog

and serving a traditional Tunisian shakshuka like the one at The Park Hyatt New York's 'The Back Room at One57'.

Breakfast menus should never ignore the increasing fixation with locally-sourced produce. Guests at Fairmont Yangcheng Lake in China get a boost out of knowing that their fruit salad was grown on the premises and that the honey they drizzle over their pancakes is from the hotel's hives. Hotels which can't grow their own can still avoid big distributors and favour small, regional producers.

No article on breakfast would be complete without mentioning coffee. An increasing number of hotels are teaming up with artisan coffee roasters to ensure stellar quality, while a handful of boutique hotels around the world actually farm, process and roast their own coffee. The message from consumers is clear: exceptional coffee is worth seeking out.

