

# BREAKFASTS

from around the world



From the Documentary Facebook page.

American breakfast:  
home made thick pancakes with syrup and  
blueberries, with a few rashers of bacon



A Brazilian breakfast:  
a delicious selection of meats, cheeses and  
bread is the normal breakfast fare here.

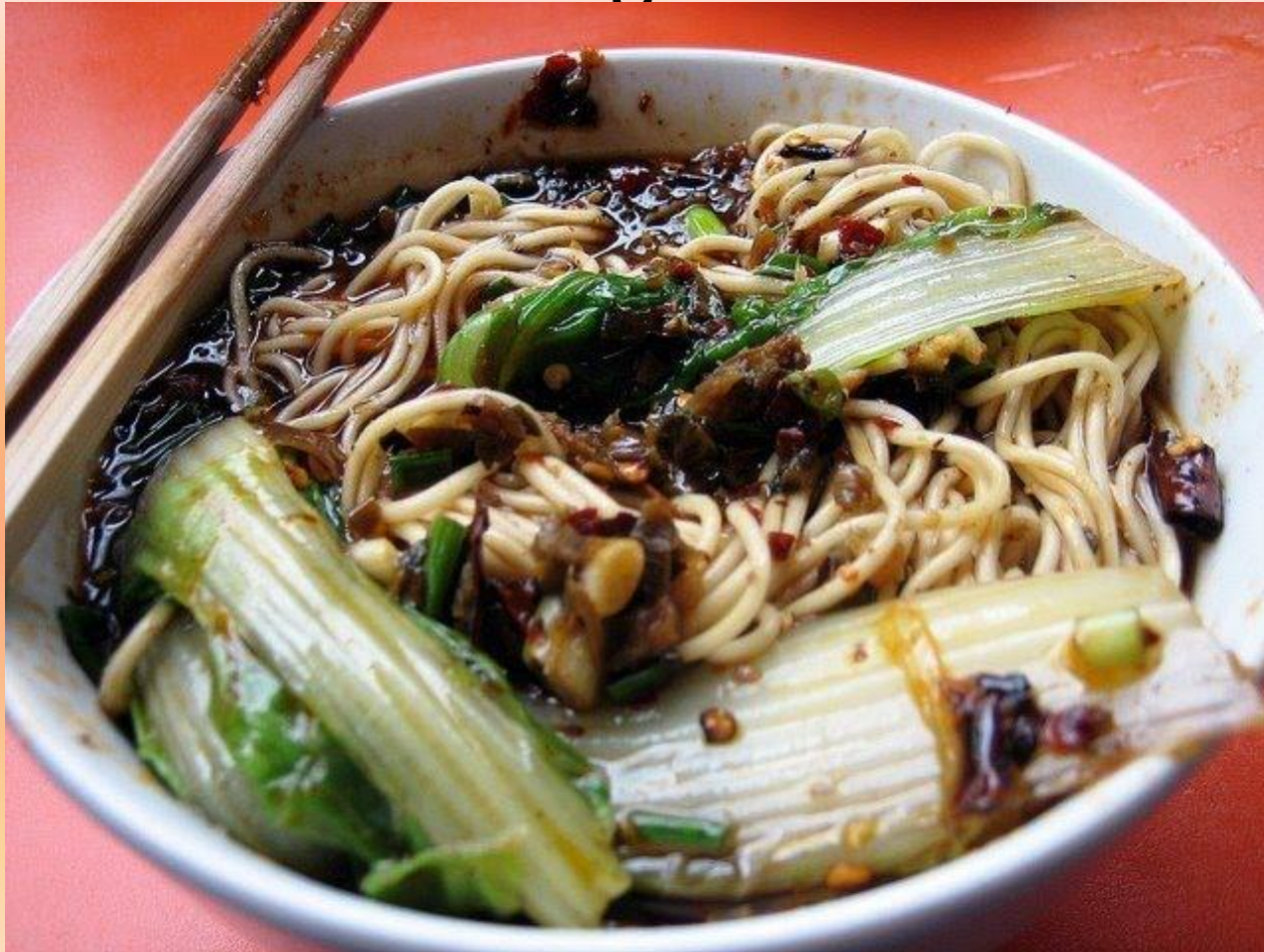


Canadian breakfast:  
Perogies are dumplings stuffed with potato  
filling, ground meat, cheese, or fruit.





Breakfast in China (similar to lunch and dinner): noodles, rice, sticky chicken and fried vegetables.



Breakfast in Costa Rica: Gallo Pinto is made from black beans, rice, optional soured cream, salsa and a corn tortilla.



A Cuban breakfast: sweetened coffee with milk and a pinch of salt thrown in. Toasted and buttered bread is dunked in the coffee.





Breakfast in the Dominican Republic:  
mangu is made from boiled plantains with  
butter and either salami, cheese or eggs.





Egyptian breakfast: Foul Madamas, made from fava beans and chickpeas, with tahini sauce, hard boiled egg, and some greens.



English Breakfast: beans, sausages, bacon, eggs, mushrooms, hash browns and toast, with a cup of black tea.





French breakfast:  
coffee or hot chocolate, with croissant and pain  
au chocolat... or bread, butter and jam.

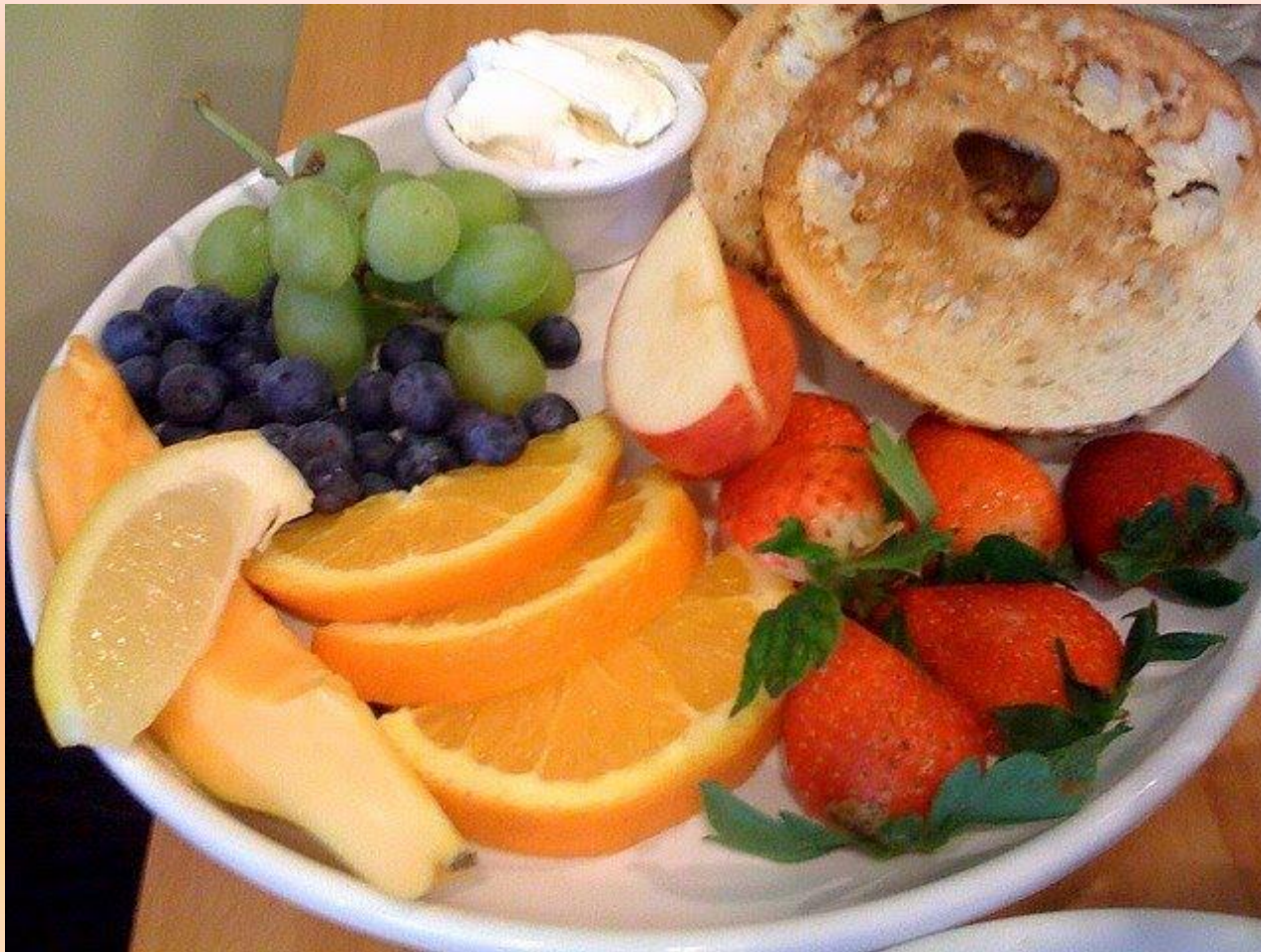




A breakfast from Germany:  
cold meat, sausage and cheese with  
wholegrain bread.



Hawaii, USA:  
a healthy breakfast with lots of fruits.



Icelandic breakfast:  
afragrautur (oatmeal), served with brown  
sugar, with a few raisins or nuts on top.





Breakfast in Iran: naan bread (with butter and jam) and halim (wheat, cinnamon, butter and sugar cooked with shredded meat).



Breakfast in Jordan: labneh, hummous and falafel are popular, usually served with olive oil, lamb sausage, jam and butter, turkey or beef mortadella.





A Korean breakfast (similar to lunch and dinner): you'll get a small plate of kimchi, a bowl of rice and a bowl of vegetable soup.





Malaysian breakfast:  
a hot bowl of Mee (noodles mixed with  
egg, vegetable and tasty spices).



Breakfast in Mexico: beef tips, chilequiles and other assorted goodies.





Moroccan breakfast: different breads with some chutney, jam, cheese or butter.





A Philippines breakfast:  
mangos are popular, as well as rice or  
these little sausages, known as longganisa.



Polish Breakfast (Jajecznica):  
scrambled eggs covered with slices of  
kielbasa, with potato pancakes.





A Turkish breakfast: a few varieties of cheese, butter, olives, eggs, tomatoes, cucumbers, jam, honey, and spicy meat.





Breakfast in Vietnam: some meaty treat dropped in a semolina mixture.

