

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



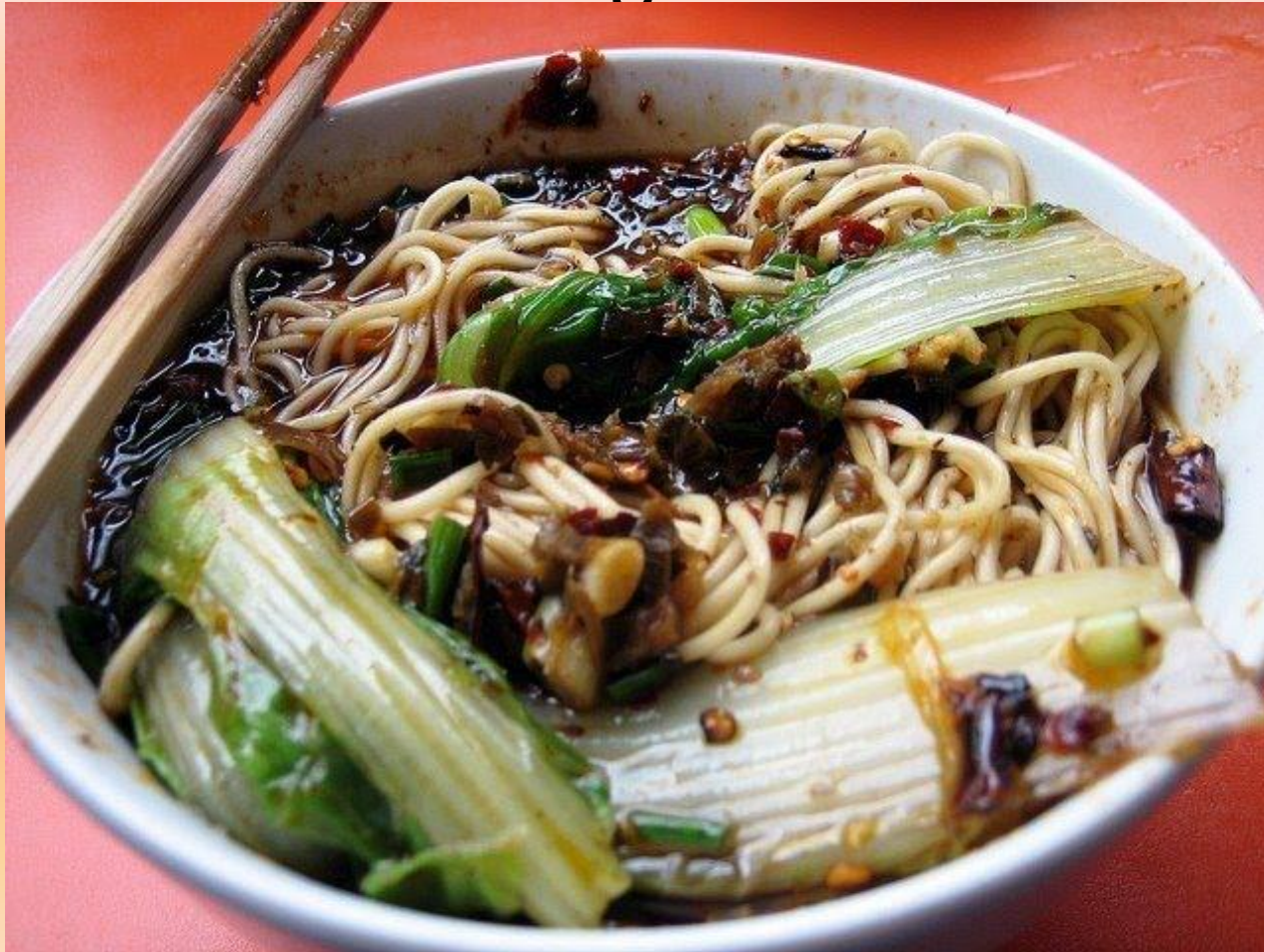
A Brazilian breakfast:
a delicious selection of meats, cheeses and
bread is the normal breakfast fare here.



Canadian breakfast:
Perrogies 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.



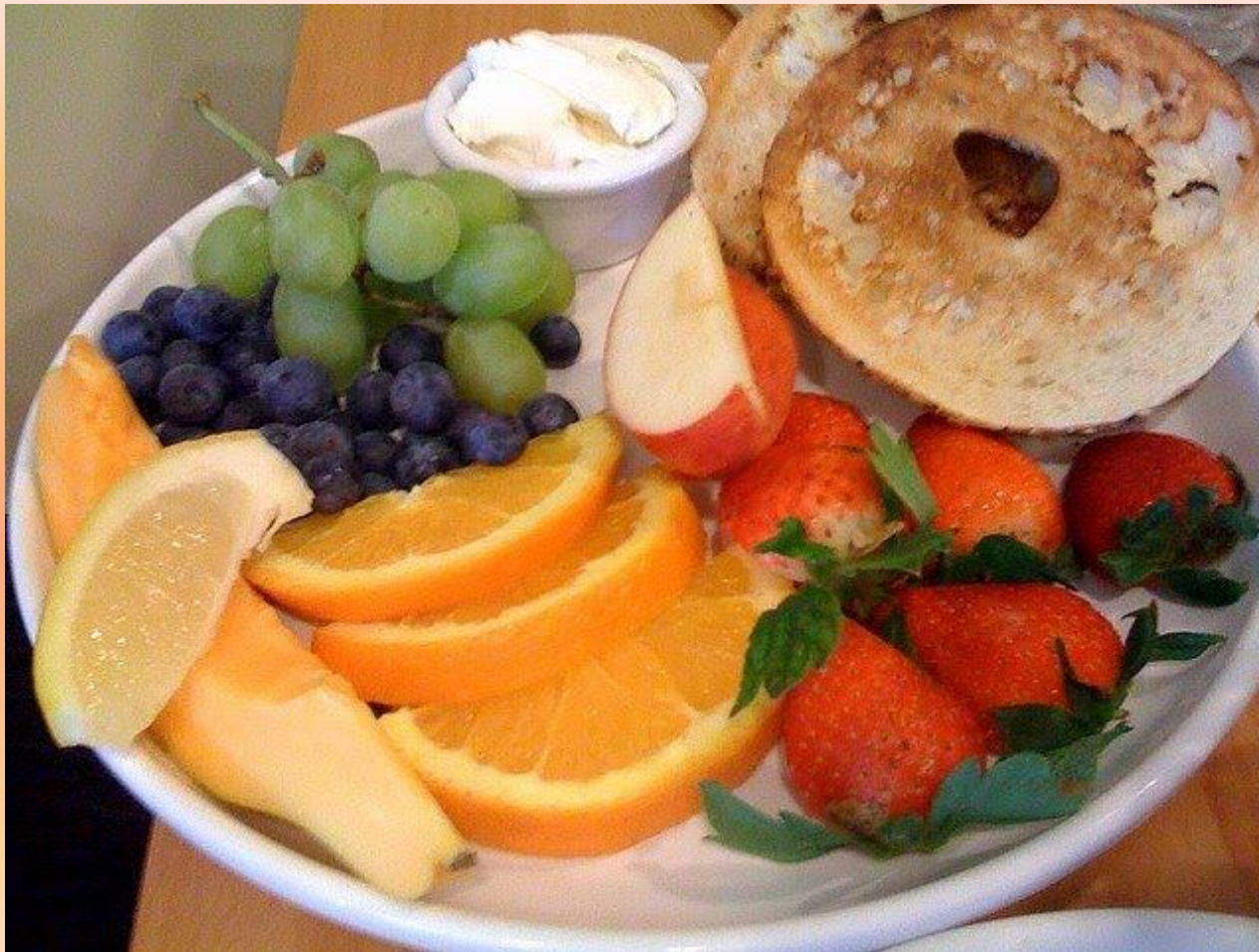
French breakfast:
coffee or hot chocolate, with croissant and pain
au chocolat... or bread, butter and jam.



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.

