

Burnaby Motels

Burnaby Motels - You more than likely had a chance to enjoy a continental breakfast if you have stayed recently at a motel or hotel. Numerous hotels and motels would now offer this service as part of their packages. This bonus has become a sort of standard for several hotel chains and it is rare when a place does not offer this bonus.

The name "continental breakfast" originates from being the most popular breakfast choice in Europe. This type of breakfast is not extravagant, but it can help you get a great start to your day. Do not expect a gourmet buffet. Depending on where you are staying, the continental breakfast could offer tea, fruit juices, coffee, toast, bagels, rolls, pastries and cereal. Every now and then, there may be fruit or yogurt available.

The majority of individuals welcome the convenience of a continental breakfast, specially when they are in a rush while traveling. Even if the menu does not consist of Eggs Benedict and mimosas, it can still satisfy your appetite. At first, this simple morning meal was originally just offered by some elite hotel chains. These days, it is more common for hotels to provide it than not to. There are many people who will not even stay at a particular hotel unless a continental breakfast is included in the deal. Because this amenity package is included in the cost of the hotel stay, it makes the idea of grabbing a scone and coffee from the lobby a welcome alternative. A lot prefer to check-out and grab their meal, whereas others choose to take it back up to their room to enjoy.

There is not always a significant amount of protein provided in a continental breakfast. Most of the items are carbohydrate based, even if occasionally there is peanut butter and cheese available. Chances are, you would be hungry again in a few hours, because pastries and croissants add up to empty calorie. If you are going to spend the whole day doing a lot of physical activity or going out and about seeing the sights, you may want to look for a more substantial breakfast.

Because the continental breakfast is inexpensive and simple to prepare, hotel management usually like to offer this kind of meal. Some hotels would even splurge to offer food that is gourmet quality. By offering patrons a meal that is included with their room rate, they may be more inclined to spend their money in the spas and shops on-site.

When on your next adventure, whether it is for pleasure or business, ask if your hotel provides a continental breakfast. Before starting a busy day, it is a great convenience to be able to have some food and a cup of coffee. Taking breakfast back up to the room and eating while you prepare and pack beats hurrying out of the hotel at check-out and after that trying to find your way in a strange city for a place to have breakfast.