

Burlington Motels

Burlington Motels - You more than likely had an opportunity to enjoy a continental breakfast if you have recently stayed at a motel or hotel. Many hotels and motels will currently offer this particular service as part of their packages. This bonus has become a sort of standard for numerous hotel chains and it is rare when a place does not offer this bonus.

The continental breakfast is named since it is the preferred breakfast on The Continent or in Europe. A continental breakfast is not fancy but it could start your day off great. Do not expect a gourmet buffet. Depending on where you stay, the continental breakfast could provide tea, fruit juices, coffee, rolls, toast, bagels, cereal and pastries. Sometimes, there may be fruit or yogurt available.

Lots of travelers would welcome the convenience of the continental breakfast, specially when they are in a hurry. The menu will not likely provide Eggs Benedict and mimosas, but it would still satisfy your appetite. In the beginning, this simple morning meal was originally just provided by a few elite hotel chains. These days, it is more common for hotels to offer 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. Since this amenity package is integrated in the cost of the hotel stay, it makes the idea of grabbing a scone and coffee from the lobby a welcome choice. A lot choose 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 substantial amount of protein offered in a continental breakfast. Nearly all of the items are carbohydrate based, though sometimes there is cheese and peanut butter available. Chances are, you would be hungry again in a couple of hours, because pastries and croissants add up to empty calorie. If you are going to spend the entire day doing a lot of physical activity or going out and about for some sightseeing, you may want to seek out a heavier breakfast.

The management of hotels and motels enjoys offering continental breakfasts since they are easy to prepare and not expensive. Some would even splurge and provide gourmet quality food. By providing clients a meal that is incorporated with their room rate, they might be more inclined to spend their money in the shops and spas on-site.

For your next travel adventure, whether it be work or vacation related, ask your hotel if they offer a continental breakfast. It is really a convenience to be able to relax and have some food and a cup of coffee prior to starting your hectic day. Taking breakfast back up to the room and nibbling while you prepare and pack beats rushing out of the hotel at check-out and afterward trying to navigate in a strange city for somewhere to have breakfast.