

## Markham Motels

Markham Motels - You more than likely had an opportunity to enjoy a continental breakfast if you have recently stayed at a hotel or motel. Many hotels and motels would currently provide this particular service as part of their packages. This bonus has become a kind of standard for several hotel chains and it is unusual when a venue does not provide this perk.

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 good start to your day. Do not expect a gourmet buffet. Depending upon where you stay, the continental breakfast could provide coffee, tea, fruit juices, bagels, rolls, toast, cereal and pastries. Every now and then, there might be fruit or yogurt available.

The majority of individuals welcome the convenience of a continental breakfast, particularly when they are in a rush while traveling. Even though the menu does not include Eggs Benedict and mimosas, it can still satisfy your appetite. In the beginning, this regular morning meal was originally only provided by some elite hotel chains. Today, it is more common for hotels to provide it than not to. There are many individuals who would not even stay at a particular hotel unless a continental breakfast is included in the package. 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 option. Many prefer to check-out and grab their meal, whereas others prefer 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 food are carbohydrate based, even if at times there is cheese and peanut butter available. Most likely, you would be hungry again in a couple of hours, because croissants and pastries add up to empty calorie. If you are going to spend the whole day doing plenty of physical activity or going out and about visiting the attractions, you might want to seek out a heavier breakfast.

Since the continental breakfast is not expensive and simple to prepare, hotel management usually like to offer this kind of meal. Some hotels will even splurge to provide food which is gourmet quality. By providing customers a meal which 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 provide a continental breakfast. It is really a convenience to be able to relax and have a cup of coffee and some food before starting your hectic day. Taking breakfast back up to the room and eating while you pack and get ready beats rushing out of the hotel at check-out and after that trying to navigate in a strange city for somewhere to have breakfast.