

Harry – gefangen in der Zeit

Culture and society

3 | Regional information | Breakfast

There is often not enough time for breakfast on workdays. On weekends, things are usually different, and then people in Germany sometimes enjoy a more extended breakfast.

Breakfast can be both sweet and savory. However, it isn't easy to describe a typical German breakfast. You often find hot drinks - like coffee, tea or hot chocolate - and cold drinks - like fruit juices, milk or plant-based milk alternatives - on the table. Bread and buns, as well as pretzels, are some of the German breakfast classics. There are countless varieties of bread, like whole grain or spelt bread – sometimes with entire grains or seeds. This is often served with sausage and cheese, but honey and jam are also on the table for anyone who likes them. For some, a hard-boiled egg is also part of a proper Sunday breakfast – as an alternative, some people eat a fried egg or a savory scrambled egg.

People looking to eat a more healthy breakfast have fruit, muesli or yogurt, for example. Nowadays, breakfast has become a bit more internationally influenced. In many places, porridge is eaten with fruit or nuts. Even French croissants have their place at some tables.