

Breakfast Menu

Tea/Coffee or Hot Chocolate

(speciality teas and decaf available – please see blackboard)

Cereal
Fruit Juice (Orange & Cranberry)
Fruit
Yogurt

Sausage
Bacon
Egg (scrambled or fried)
Mushrooms
Tomato
Heinz Baked Beans
Hash Brown
Black Pudding

For alternatives to the traditional breakfast, please see over.

Toast
Brown or white, gluten free available

If you have any special dietary requirements, please let us know.

Ingredients are local wherever possible – see blackboard for details.

Alternatives to traditional breakfast

Fish options

Scrambled egg with smoked salmon OR
Smoked Haddock with scrambled egg

Vegetarian

Vegetarian sausage
Egg (scrambled or fried)
Mushrooms
Hash Brown
Tomato
Heinz Baked Beans

'Stamina' option

Porridge
with brown sugar or honey

For smaller appetites

Scrambled egg on toast
Heinz Baked Beans on toast
Bacon Sandwich
Or choose from the items available

Special diets

Please ask about a vegan option
and gluten free option