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# BREAKFAST

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## JUICE

Freshly squeezed orange juice

Apple juice

Cranberry

Tomato juice

## FRESH FRUIT

Pineapple and grapes

Watermelon

Pink and white grapefruit

Compote of berries

Fresh fruit

Ann Forshaw's - natural and low-fat fruit  
farmhouse yoghurts

## CONTINENTAL

Crunchy Nut

Corn Flakes

Fruit and Fibre

Weetabix

Side Oven Bakery's organic granola

Muesli

Healthy sprinkles

Mortadella and chorizo

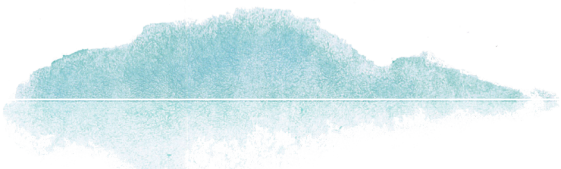
Sliced beef tomato

Emmental

Freshly baked croissant, pain au chocolat and  
danish pastries

Wholemeal or white bloomer toast with tiptree English jams,  
honey, marmalade, maple syrup, philadelphia, marmite,  
lemon curd and nutella.

Allergen Information - we really want you to enjoy your meal with us -  
if you'd like information about ingredients in any dish, please ask and we'll happily provide it



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## COOKED TO ORDER

Traditional cooked breakfast choose from the following;

Grilled bacon

Cumberland sausage

Grilled tomatoes

Grilled flat and button mushroom's

Bury baby black pudding

Baked beans

Choice of free range poached, fried or  
scrambled eggs

Or

Grilled kipper with lemon

Eggs benedict

Porridge with maple syrup, raisins and  
brown sugar (with our without cream)

Smoked salmon and free range scrambled egg

Warm pancakes with either bacon and maple syrup or crème  
fraîche and blueberries

## HOT DRINKS

English breakfast

Earl grey

Sweet rhubarb

Delicate green

Blackberry and raspberry

Decaffeinated english breakfast

Latte

Espresso

Cappuccino

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