



Good morning we hope you slept well.....

Fruit Juices  
Selection of cereal & fruit nut mixers  
Seasonal Fresh Fruit  
Greek Yoghurt & local bee's honey

then choose from.....

Traditional English Breakfast  
Local smoked back bacon, grilled vine tomato,  
mushrooms, eggs—fried, poached, boiled, scrambled  
or  
Rock-a-nore fisheries Smoked Salmon with Scrambled or poached & malted bread  
or  
Tomato & Mushroom frittata Omelette (cheese optional) .V.  
or  
English Muffins toasted with poached eggs  
& mushrooms .V.  
or  
Hastings Kipper fillets, scrambled or poached eggs  
grilled tomatoes

'Eggy' crumpets, smoked back bacon, plum tomatoes in juice

all served with

Malted & seeded farmhouse malted brown & white toast

And If you prefer something less savoury choose from

Continental Hot croissants home made preserves  
or  
Belgium Waffles & maple syrup  
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Tea—English, Earl Grey, Darjeeling  
Fruit Infusions

Coffee—Fresh filtered coffee,  
de-cafeinated filter coffee  
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Wherever possible we source our main ingredients from local suppliers and organic producers, eggs are free-range and each dish is freshly cooked to order.

If you have special requirements please ask.....

We hope you enjoy your breakfast if you would like mix & match or would like more please don't hesitate to ask

Please note some dishes may contain nuts