

# BREAKFAST MENU

OPEN TO NON RESIDENTS

HOURS- Mon—Fri :7:00am - 9.30am Sat: 7.30am—10:00am Sun: 8.00am –10:00am

## BEVERAGES

SELECTION OF TEA & COFFEES  
FRUIT TEA, EARL GREY, LEMON SLICES  
FRESH ORANGE JUICE,  
APPLE JUICE,  
GRAPEFRUIT JUICE  
CRANBERRY JUICE  
ICED WATER  
ICED COLD MILK

## CONTINENTAL

BREAD SELECTION (Gluten free available upon request)  
CROISSANTS  
DANISH PASTRIES  
FRUIT PLATTER  
MEAT PLATTER  
CHEESE SELECTION  
SELECTION OF YOGHURTS  
SELECTION OF CEREALS

## FRUIT

GRAPEFRUIT SEGMENTS -ORANGE SEGMENTS  
PINEAPPLE - PRUNES - PEACH SLICES-  
APRICOTS HALVED—DRIED PRUNES -BANANA  
CHIPS  
FRESH FRUIT BOWL

## COOKED TO ORDER

BLACK PUDDING—POACHED EGGS—FRIED EGGS—BOILED  
EGGS—PORRIDGE (MADE WITH CREAM OR MILK)

ASK A MEMBER OF OUR TEAM  
FOR ANY OTHER BREAKFAST OPTIONS

## TRADITIONAL ENGLISH BREAKFAST

SAUSAGE (VEGETARIAN AVAILABLE UPON REQUEST)  
BACON  
BEANS  
MUSHROOMS  
HASH BROWNS  
TOMATOES  
SCRAMBLED EGG

## HEALTHY OPTION

EGG WHITE SCRAMBLED EGG  
FRESHLY MADE OMELETTES\*  
SMOKED HADDOCK\*  
GRILLED KIPPERS\*  
AVAILABLE ON REQUEST

*\*AT A SUPPLEMENT OF £2.50 PER PORTION*

CONTINENTAL £7.75 PER PERSON

TRADITIONAL £9.95 PER PERSON

INCLUDES TEA OR COFFEE

*All breakfast items are subject to availability*

We offer a variety of menus throughout the day:

*3 Course T'able D'hote*

*Day Time Boardwalk Menu*

*Afternoon Tea*

*Steak & Fish Night Every Friday & Saturday Night*

*Sunday Lunch*

Please ask a member of staff for more details