

# SAMPLE BREAKFAST MENU

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## TO DRINK

Juice of Orange  
Apple  
Grapefruit

Breakfast Tea  
Flavoured Tea  
Coffee

## TO START

Prunes, Grapefruit Segments, Fresh Fruit Salad, Natural or flavoured Yogurt

Cornflakes, Rice Krispies, All Bran, Bran Flakes, Weetabix, Muesli

Wholegrain Porridge

Wholemeal Brown or Farmhouse White Toast  
Jam, Marmalade, Honey, Marmite

Croissant

## BREAKFAST

Bacon, Sausages, Grilled Tomato  
Mushrooms,  
Fried Bread and Baked Beans

With your choice of;  
Fried, Scrambled or Poached Egg

OR

Boiled Eggs (2), Soldiers

OR

Naturally Smoked Haddock with Poached Egg

OR

Butter Grilled Kipper, Grilled Tomato

*Please inform your waitress/waiter of any allergies.*