



freshly squeezed orange juice

tea or coffee

BREAKFAST TEA, HERBAL, ENGLISH OR EARL GREY _
FRESH COFFEE (DECAFFEINATED IF REQUIRED)

a selection of cereals

WITH EITHER SEMI -SKIMMED OR SKIMMED MILK

toast with jam, honey, marmalade or marmite

WHITE OR WHOLEMEAL TOAST

scottish porridge oats topped with maple syrup (v/ gf)

fresh fruit salad with yoghurt (v/gf)

full english

LOCALLY SOURCED BACON, PORK SAUSAGES, FREE RANGE EGGS
COOKED TO YOUR CHOICE, MUSHROOMS, HASH BROWNS, FRESH
COOKED TOMATOES OR BAKED BEANS (VEGETARIAN OPTION
AVAILABLE)

smoked salmon and scrambled egg (gf)

omelette (v/gf)

A FREE RANGE THREE EGG OMELETTE COOKED WITH A CHOICE OF
CHEESE (V), HAM AND CHEESE OR SMOKED SALMON

boiled egg and soldiers

TWO FREE RANGE EGGS BOILED TO YOUR CHOICE SERVED WITH
EITHER WHITE OR WHOLEMEAL TOASTED SOLDIERS

(v) Suitable for vegetarians

(gf) Gluten free option