



Please order tea and coffee from one of our team members and then make your selection from our extensive buffet.

### CONTINENTAL

Chilled juices | freshly squeezed orange juice | grapefruit | apple | cranberry | tomato | pineapple Smoothie of the day Semi and full fat milk A selection of cereals Chilled fruits | Summer fruit compote | white grapefruit segments | orange segments | fresh pineapple | melon | pear | fig | fresh fruit salad Waffles | pancakes Bakery selection | croissants | pastries | muffins | bread rolls | white and brown bloomer A choice of jams | honey | marmalade | Nutella | Marmite Cold meats | fish | cheese Fresh fruit display Yoghurts | natural | fruit | low calorie

## TRADITIONAL

# We promote a healthier breakfast, most of our cooked items are oven baked.

Enjoy a selection of the following:

Eggs | scrambled | fried | poached | boiled

Pork sausage | Cumberland sausage | unsmoked best back bacon | black pudding | fresh grilled tomatoes | baked beans | mushrooms | hash browns

### SPECIALITY

The following dishes are prepared to order by our Chefs, please just ask.

Porridge

Eggs Benedict

Poached eggs | smoked salmon | toasted bloomer

Smoked haddock | lemon

Kippers | lemon

Omelette | enjoy a choice of fillings

All of our omelettes are prepared with the minimum of fats, oils and seasoning and can be enjoyed as part of a healthier breakfast. We can also prepare an all-white egg omelette should you require.

#### If you would like table service, please ask one of our team members who will be happy to help.