

# BREAKFAST

## SELF SERVE

ORANGE, GRAPEFRUIT, APPLE, RED BERRYJUICE  
Fresh fruit – oranges, apples, bananas  
GRAPEFRUIT SEGMENTS  
DICED FRUIT IN JUICE  
YOGHURTS,  
CORNFLAKES, RICE CRISPIES  
SHREDDED WHEAT, FRUIT N FIBRE  
CRUNCHY NUT, BRAN FLAKES  
BREAKFAST BARS  
TOAST (WHOLEMEAL, WHITE)gluten free on request  
\*\*\*\*\*  
TEA COFFEE SELECTION HOT CHOCOLATE  
HERBAL TEA SELECTION

## PORRIDGE, CROISSANTS OATCAKES AND CHEESE (PORTIONS)

### COOKED BREAKFAST

Please choose.....

EGGS: FRIED / SCRAMBLED / BOILED /POACHED  
GRILLED BACON, FRIED SAUSAGES  
HASH BROWNS/ HEINZ BEANS IN TOMATO SAUCE  
GRILLED TOMATOES  
\*\*\*\*\*

MUSHROOMS (on request)

FROM FROZEN.....  
KIPPERS, BLACK PUDDING, POTATO SCONES

### FEELING REALLY HUNGRY?

WE SERVE A STANDARD COOKED BREAKFAST  
OF ONE EGG TWO SAUSAGES TWO RASHERS OF BACON  
BEANS HASH BROWNS AND ONE GRILLED TOMATO.  
PLEASE JUST ASK IF YOU WOULD LIKE MORE

VEGETARIAN BREAKFAST  
MANY OF THE ITEMS ABOVE CAN BE SERVED TO PROVIDE A  
VEGETARIAN OPTION

## SELF SERVE

ORANGE, GRAPEFRUIT, APPLE, RED BERRYJUICE  
Fresh fruit – oranges, apples, bananas  
GRAPEFRUIT SEGMENTS  
DICED FRUIT IN JUICE  
YOGHURTS,  
CORNFLAKES, RICE CRISPIES  
SHREDDED WHEAT, FRUIT N FIBRE  
CRUNCHY NUT, BRAN FLAKES  
BREAKFAST BARS  
TOAST (WHOLEMEAL, WHITE)gluten free on request  
\*\*\*\*\*  
TEA COFFEE SELECTION HOT CHOCOLATE  
HERBAL TEA SELECTION

### COOKED BREAKFAST

Please choose.....

EGGS: FRIED / SCRAMBLED / BOILED /POACHED  
GRILLED BACON, FRIED SAUSAGES  
HASH BROWNS/ HEINZ BEANS IN TOMATO SAUCE  
GRILLED TOMATOES  
\*\*\*\*\*

MUSHROOMS (on request)

FROM FROZEN.....  
KIPPERS, BLACK PUDDING, POTATO SCONES

### FEELING REALLY HUNGRY?

WE SERVE A STANDARD COOKED BREAKFAST  
OF ONE EGG TWO SAUSAGES TWO RASHERS OF BACON  
BEANS HASH BROWNS AND ONE GRILLED TOMATO.  
PLEASE JUST ASK IF YOU WOULD LIKE MORE

VEGETARIAN BREAKFAST  
MANY OF THE ITEMS ABOVE CAN BE SERVED TO PROVIDE A  
VEGETARIAN OPTION