

# BREAKFAST MENU

Kick back, peruse and we'll be along shortly to take your order from the following...

Why not start with some?

Tea or Coffee (decaf available)

Selection of fresh fruit juices – Orange (54), Apple (54) or Cranberry (54) (per 150ml)

Variety of milks available upon request – calories per 100ml

Semi Skimmed (48) *M*      Oat (45)      Almond (24) *N*  
Whole Milk (63) *M*      Soy (34) *S*

Local fresh white, granary toast or a mixed basket (351) *G*

Freshly baked pastries *E G M N*

Croissant (224)      Danish (120)

Greek-style yogurt, fruit compote (188) *M*

Soaked apricots, prunes and figs (131) *SU*

Melon, compressed with elderflower and lemon (50)

Pineapple, compressed with mint (51)

*All the above served in individual pots*

Choice of cereals:

Cornflakes (91) *G*      Crunchy Nut (139) *G N*      Fruit & Fibre (171) *G N*

Rice Krispies (85) *G*      Coco Pops (134) *G*      Weetabix (136) *G*

Jams (max77)

Nutella (81) *M N S*

Marmite (10) *C G*

## FOLLOWED BY ..... FROM OUR KITCHEN

PORRIDGE – choose as a starter or main

Rolled-oat porridge (108) with either fruit compote (190) or honey (166) *G M*

FULL ENGLISH BREAKFAST

Blythburgh pork sausage, Moat Farm dry-cured bacon, plum tomato, black pudding, flat mushroom, baked beans (618), Low Farm free-range egg cooked to your liking – fried (+232), scrambled (+363) or poached (+94) *E G M SU*

VEGETARIAN BREAKFAST

Grilled plum tomato, flat mushroom, hash brown, baked beans, vegetarian sausages, baby leaf spinach (421) with a Low Farm free-range egg cooked to your liking – fried (+232), scrambled (+363) or poached (+94) *E G M SU*

FROM LOWESTOFT SMOKEHOUSE

Grilled, buttered kipper – served on the bone (564) *F M*

or

Smoked salmon and scrambled eggs (547) *E F M*

OR CHOOSE FROM THE FOLLOWING SERVED ON A TOASTED MUFFIN, WITH POACHED EGG AND HOLLANDAISE SAUCE

(Smaller portions available)

Florentine – spinach (840) *E G M*

Royale – smoked salmon (932) *E F G M*

Benedict – Blythburgh ham (834) *E G M*

OR BUILD YOUR OWN FROM THE FOLLOWING:

Blythburgh pork sausage (235) *G SU*

Moat Farm dry-cured bacon (64)

Plum tomato (8)

Black pudding (122) *G*

Flat mushroom (81)

Baked beans (44)

Fried egg (232) *E*

Scrambled egg (363) *E M*

Poached egg (94) *E*

Hash brown (108) (*G/ fryer*)

Vegetarian sausage (119) *E G*

Baby leaf spinach (61)

Smoked salmon (184) *F*

Toasted muffin (190) *G*

White toast (88) *G*

Granary toast (88) *G*

Gluten & Wheat-free toast (88)

*Should you require assistance with dietary requirements or allergy information, please speak to a member of our team.  
We're happy to help. Adults require around 2000 Kcal a day. – Calories shown in brackets*