



Breakfast Menu

<i>Continental Selection</i>				
<u><i>Juices</i></u>	<u><i>Cereals</i></u>	<u><i>Fresh Fruit</i></u>	<u><i>Dried Fruits</i></u>	<u><i>Dairy</i></u>
<i>Freshly Squeezed – Orange Juice Tomato Apple Juice Cranberry Grapefruit</i>	<i>Cornflakes Rice- Krispies Weetabix Muesli Bran Flakes</i>	<i>Fruit Salad Melon Balls Grapefruit- Segments Prunes</i>	<i>Apricots Raisins Dates Cranberries Figs Prunes Pumpkin Seeds</i>	<i>Natural Yogurt Strawberry Yogurt Cheeses</i>

Hot Homemade Porridge

*Grilled – Bacon, Sausages, Tomato, Black and White Puddings
Mushrooms*

Eggs – Poached, Fried, Scrambled or Boiled

Omelette with choice of filling

Ham, Cheese, Tomato, Onion, Mushroom

American Style Pancakes

Maple Syrup

Grilled Kippers

Fresh Fish of the Day

Toast, Brown Bread, Gluten Free Homemade Wheaten Bread

Bewley's Coffee or Tea