

# Healthy option breakfast menu

Chilled juices  
Selection of fruit & yogurts  
Selection of cereals  
Porridge



## Continental

Selection of ham & cheese



Toasted home made brown or white bread



## Specials

Smoked haddock with poached egg  
Toasted bagel with cream cheese and local organic  
smoked salmon  
Croissant with ham, cheddar cheese and poached egg  
Baked beans on home made brown or white toast  
Grilled ruby grapefruit with a sprinkling of demerara sugar



Tea or Coffee  
Selection of herbal teas