

#### Freshly Squeezed Orange Juice

#### Tea or Coffee

Breakfast Tea, Herbal, English or Earl Grey\_ Fresh Coffee (decaffeinated if required)

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#### A Selection of Cereals

With either semi -skimmed or skimmed milk

# Toast with Jam, Honey, Marmalade or Marmite

White or wholemeal toast

Scottish Porridge Oats topped with Maple Syrup (v/gf)

Fresh Fruit Salad and Yoghurt (v/gf)

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### Full English

Locally sourced bacon, pork sausages, free range eggs cooked to your choice, mushrooms, hash browns, fresh cooked tomatoes or baked beans (vegetarian option available)

# Smoked Salmon and Scrambled Eggs (gf)

# Omelette (gf)

A free range three egg omelette cooked with a choice of cheese (v), ham and cheese or smoked salmon

# Boiled Eggs and Soldiers (v)

Two free range eggs boiled to your choice served with either white or wholemeal toasted soldiers

- (v) Suitable for vegetarians
- (gf) Gluten free option