

BREAKFAST MENU

Served 7.30am - 10.00am everyday
Please help yourself to our cold selection; one of the team
will be along in a moment to take your cooked order

CONTINENTAL

Please choose from the following including your choice
of freshly brewed tea or coffee

A selection of fruit juices	Ann Forshaw's creamy low-fat fruit yoghurts
Selection of popular cereals and muesli	White or wholemeal toast, assorted English jams, marmalade and honey
Fresh fruit salad	Creamy porridge - cooked to order with brown sugar and cinnamon or plain if you prefer
Freshly baked croissants	

COOKED BREAKFAST

THE FULL CUMBRIAN GRILL

Poached, fried or scrambled free range eggs with grilled back bacon, pork
sausage, hash brown, baked beans, grilled tomato and field mushroom
Please ask if you'd like grilled black pudding or an extra egg with your grill

£11.50

SCRAMBLED OR
POACHED
FREE RANGE EGGS
on toast
£9.50

EGGS BENEDICT
with sliced ham and
hollandaise
on a toasted English
muffin
£10.50

EGGS FLORENTINE
with wilted spinach and
hollandaise on a toasted
English muffin
£9.50

OAK SMOKED SALMON
AND SCRAMBLED EGG
on toast
£10.50

CREAMY PORRIDGE
with your choice of
cinnamon and brown
sugar or honey
£7.50

HOT DRINKS

Choose from English breakfast, Earl Grey, fruit, green or mint tea, freshly
brewed filter coffee (please ask for decaffeinated) or hot chocolate.

Allergen Information - we really want you to enjoy your meal with us - if you'd like information
about ingredients in any dish, please ask and we'll happily provide it