

Bed & Breakfast Guest Menu

Good Morning, we trust that you slept well.

Please take a seat and a crew member will be over to take your order shortly.

Cooked breakfasts and menu options are overleaf.

Do you have a Food Allergy or Intolerance?

Each dish on our menu is coded with potential allergen ingredients.

Please refer to the "ALLERGEN KEY" for what each letter stands for.

If you are unsure, then please ask a crew member for advice.

Breakfast Drinks

Latte

Flat White

Americano

Espresso

Hot Chocolate

Mug of Tea

Fruit Tea

(Earl Grey, Green tea, Peppermint,
Lemon & Ginger and Cranberry & Raspberry)

Orange or Apple Juice

Cooked Breakfasts

English Breakfast

Bacon, sausage, fried egg, mushrooms, beans, tomato, hash brown and toast (A,C,F,G,L)

Vegetarian Breakfast

2 Quorn sausages, fried egg, mushrooms, tomato, beans, hash brown and toast. (A,C,F,G) **V**

Vegan Breakfast

Mushrooms, tomato, 2 hash browns, beans, guacamole and toast (A,F) **VE**

American Style Pancakes

Smoky Bacon and Maple Syrup
drizzled with Bukwud Canadian Maple Syrup (A,C,G,L)

Blueberry Compote and Greek Yoghurt (A,C,G) **V**

Bananas and Chocolate Sauce (A,C,F,G) **V**

Fresh Fruit Salad

VE

Breakfast Sandwiches

Bacon and Egg Sandwich (A,C,F,G)

Sausage and Egg Sandwich (A,C,F,G,L)

Bacon Sandwich (A,F,G)

Sausage Sandwich (A,F,G,L)

Bacon and Sausage Sandwich (A,F,G,L)

Breakfast Cereals

Choice of Cereals **V**

(Cornflakes, Crunchy Nut,
Rice Krispies, Coco Pops,
Fruit & Fibre and Alpen)

Please see pack for allergen
information

Toast

Beans on Toast (A,F,G) **V**

Scrambled Eggs on Toast (A,C,F,G) **V**

Poached Eggs on Toast (A,C,F,G) **V**

Toast and Jam (A,F,G) **V**

ALLERGEN KEY

A Gluten / **B** Crustaceans

C Eggs / **D** Fish

E Peanuts / **F** Soya beans

G Milk / **H** Nuts

I Celery / **J** Mustard

K Sesame / **L** Sulphites

M Lupin / **N** Molluscs

GF | GLUTEN FREE

GFO | GLUTEN FREE OPTION

V | VEGETARIAN

VE | VEGAN

Please choose white or brown bread for your sandwiches or toast.
Gluten free bread rolls available upon request.