

Wake up to the beauty of Morecambe Bay. . . .

Please help yourself to -

Fruit Juices,
Prunes,
Grapefruit Segments,
Selection of Cereals
Fresh Fruit

Or order

Porridge

(this will take about 10 minutes)



We serve

FAIR TRADE Tea, Hot Chocolate
& Filter Coffee

Earl Grey Tea, Decaffeinated Coffee/Tea

Or We have a good selection of
herb/fruit teas if you prefer

And choose from the following dishes,
freshly cooked to order -

Traditional
Full English Breakfast
of

**Grilled Cumberland Sausage,
Bacon, Tomato, Baked Beans,
Mushrooms, Fried Bread,
Fried, Boiled, Scrambled or
Poached Eggs**

(We use Free Range Eggs)

Or any combination of the above

or

Kippers



or try-

a toasted **Lancashire Ovenbottom Muffin** or an **Irish Soda Farl**
topped with scrambled or
poached eggs
or **with scrambled eggs & smoked salmon**

or

Just a **Toasted Teacake**

"Linda McCartney" vegetarian
sausages always available

also

Soya or Rice Milk,

Dairy free spread

And gluten free bread

**White or Wholemeal Toast
and Preserves**



..... *At the Craigwell*