

BREAKFAST MENU
GOOD MORNING

1ST HALF

**HELP YOURSELF FROM THE SELECTION OF FRUIT JUICES,
MUESLI, CEREALS, FRESH FRUIT SALAD, POACHED PRUNES
AND CINNAMON INFUSED APRICOTS.**

**FRESHLY MADE PORRIDGE
WITH CREAM, GOLDEN SYRUP OR DEMERARA SUGAR.
(5 MINUTES PREPARATION)**

FRESH GREEK YOGHURT SERVED WITH FRUIT COMPOTE. (PLEASE ORDER)

2ND HALF

MAKE YOUR CHOICE FROM THE FOLLOWING:

**LOCAL CUMBRIAN BACK BACON
LOCAL CUMBERLAND SAUSAGE
GRILLED TOMATOES
SAUTE BUTTERED MUSHROOMS
LOCALLY MADE BLACK PUDDING
FRIED BREAD**

**FREE RANGE EGGS
FRIED
POACHED
SCRAMBLED
BOILED**

OR

**POACHED CARTMEL VALLEY GAME BEECH SMOKED HADDOCK
WITH OR WITHOUT POACHED EGG**

BUTTER GRILLED MANX KIPPER WITH LEMON

LOCAL BEECH SMOKED ORKNEY SALMON AND SCRAMBLED EGG

FRESH WARM CROISSANT

FRESHLY BREWED FARRER'S COFFEE OR TEA

CAMOMILE, EARL GREY OR FRUIT TEAS ARE ALSO AVAILABLE.

WHOLEMEAL OR WHITE TOAST

MARMALADE, HONEY AND HOMEMADE JAM.

WE DO HAVE GLUTEN FREE BREAD AND MUESLI AVAILABLE.

FOOD ALLERGIES AND INTOLERANCES:
**BEFORE YOU ORDER YOUR FOOD AND DRINKS, PLEASE SPEAK
TO OUR STAFF IF YOU WANT TO KNOW ABOUT OUR INGREDIENTS.**

NON RESIDENTS £13.00 PER PERSON

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