

# BREAKFAST MENU

*Breakfast is available in the tidal room & on the terrace for those who are not hotel guests.*

<b>Full English</b>	£9.95
<i>Michael's pork sausage &amp; back bacon, crispy black pudding, slow cooked tomatoes, baked beans, field mushrooms, potatoes, choice of free range eggs &amp; white or granary toast</i>	
<b>Smoked salmon &amp; scrambled eggs</b>	£6.95
<i>Sourdough toast</i>	
<b>Eggs on toast</b>	£4.45
<i>Your choice of free range eggs on either white or granary toast</i>	
<b>The vegetarian</b>	£5.95
<i>Your choice of free range eggs, slow cooked tomato, field mushroom, potatoes, baked beans &amp; white or granary toast</i>	
<b>Bacon or Sausage sandwich</b>	£4.95
<i>Back bacon or Michael's pork sausage White or granary bread</i>	
<b>Eggs benedict</b>	£6.50
<i>English muffin, ham, poached eggs &amp; hollandaise sauce</i>	
<b>Fluffy Pancakes</b>	£6.00
<i>Maple syrup &amp; fresh fruit compote</i>	
<b>Smoked Haddock</b>	£6.95
<i>Poached eggs, chive, hollandaise sauce</i>	
<b>Granola, yoghurt &amp; honey</b>	£4.00
<i>Fluders spiced granola, Greek yoghurt, &amp; honey</i>	
<b>Porridge, <i>cooked to your liking</i></b>	£3.50
<b>Cinnamon French toast,</b>	£6.00
<i>Crispy bacon, banana &amp; maple syrup</i>	

*Gluten free bread & soya milk available on request*

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Available from 7:30 am until 9:30 am weekdays and 8:00 am until 10:30 am weekend