



Wholefood Continental Breakfast Menu

Fruit Juice

Greek and fruit yoghurts. Apricots, prunes plus other stewed fruits.

Grapefruit

Choice of cereals - Muesli, bran flakes, cornflakes, porridge etc.

Poached/boiled/scrambled/omelette/free range eggs. Baked beans on toast

Selection of Cheeses.

Home-made wholemeal or white bread/toast.

Oatcakes. Croissants. Crumpets. Honey, marmalade or fruit jam.

Fruit Bowl.

Tea, coffee, fruit or herbal tea.