



Breakfast Menu

Sausages:

Pork
Seaweed with pork
Chicken

Bacon (cooked to your choice)

Maple
Smoked streaky
Normal Back

Breakfast Pudding:

Clonakilty pudding
Black and white

Tomatoes
Mushrooms
Hash browns

Eggs:

Fried
Poached
Scrambled
Egg ramakin
Omelette with choice of filling
Egg white omelette
Egg white scrambled
Scrambled egg & salmon
Boiled egg

Other Options:

Tomatoes
Mushrooms
Hash browns
Pancakes
Selection cheese
Smoked salmon
Selection cold meats
Kippers
Fish of the day
Beans

Fruits:

Pineapple
Prunes
Grape fruit segments
Mellon (galia)
Melon (cantaloupe)
Blueberries
Bircher muesli
Strawberry's (when in season)
Mango couli
Raspberry couli

Dairy:

Natural yoghurt
Fruit yoghurt
Actimel
Low Fat Fruit Yoghurt

Freshly squeezed Juice:

Orange juice
Grapefruit juice
Smoothie
Apple
Cranberry]
Pineapple

Cereals:

K Club special muesli
Porridge
All bran
Cornflakes
Frosties
Rice krispies
Special K
Bran flakes
Granola
Weetabix
Bagettes
Bagels
Muffins- chocolate and blueberry
Health bread

Breads, cakes and organic preserves:

Brown bread

Orange cake

Walnut cake

Coconut cake

Croissant (mini)

Danish (mini)

Pain au chocolat (mini)

Home made brioche

White or brown toast

Sourdough oval

Muesli:

Golden sultanas

Roasted hazelnuts

Sugared almonds

Pumpkin seeds

Sunflower seeds

Lin seeds