

Allergies, Intolerances & Warnings If you have any concerns please ask prior to ordering

# BROOK SIDE VILLA Breakfast

Served between 8am and 8.45am

Please order your breakfast choices on the form provided on your Welcome Board

We like to ensure you have a good wholesome breakfast that sets you up for the day, without a heavy sugar-load. You can fulfil your 5-a-day vegetables and fruits from the choices below! And, we hope, have a really tasty, enjoyable meal too! To help us help you, if you have Gluten-free, Dairy-free or other dietary preferences or allergy concerns about anything on this menu please let us know.

The self-service buffet carries natural **YOGHURT, FRESH FRUITS AND FRUIT SALADS, SEEDS, DRIED FRUIT AND NUTS**. There is a **breadbasket** so you can make as much (or as little!) **toast** as you want, when you want. Help yourself to locally made Seville orange marmalade & jams and honey.



**CEREALS, MUSELI, BIRCHER:** Along with the usual cereals you will find our **freshly mixed museli** - jumbo oats, mixed nuts and dried fruits and seeds (no added sugar). If you prefer this "Bircher" style - please order it soaked overnight with either milk, unsweetened apple juice, or other preferences - please ask. We make this with c.50g of oats, add chia seeds, and leave space in the jar for you to add your choices of fresh fruit, honey, yoghurt and additional nuts and seeds when it's served to you in the morning.

**JUMBO OAT PORRIDGE**- enjoy either as a starter or have a large bowl as your main course breakfast

These nutty oats are soaked overnight, then cooked slowly with 50/50 water and semi-skimmed milk. Order jiggers of Scotch whisky and cream to stir in. Add fresh or dried fruits, seeds, honey, cinnamon, jams from the buffet to make this porridge an indulgent though still healthy feast!

Vegan/Dairy-free? If you prefer we can make this with 100% water - please note this preference on your order.

**ENGLISH BREAKFAST CLASSICS (INCLUDING VEGETARIAN AND VEGAN OPTIONS)**

A substantial meal with 1 or 2 local free-range eggs - poached, fried or scrambled with butter, 2 rashers of Cumbrian smoked bacon, 2 locally-made Cumbrian breakfast-size sausages, (or vegan, vegetarian, or gluten-free sausage), a slice of Lancashire black pudding, mushrooms sautéed in olive oil, roast tomatoes, baked beans. (Let me know on your order form if you'd prefer smaller portions)



**SOFTLY SCRAMBLED EGGS WITH SMOKED SALMON**



Local free-range eggs scrambled with butter, slices of Scottish Smoked Salmon from Annan-on-Solway, on top of lightly toasted malted granary bread, dressed with freshly-ground black pepper and herbs

**COLD BREAKFAST PLATE**

Select any or all of the choicest English cooked ham, sliced cheese, hard-boiled egg, fresh tomato, smoked salmon. Add fruits and breads from the buffet table.

**LIGHTER OPTIONS:**

If you prefer just a couple of free-range **POACHED EGGS ON A TOASTED ENGLISH MUFFIN**, or, **SOFT-BOILED EGGS AND SOLDIERS** - please order these on the form provided. Or just make a note if you want, for example, **BAKED BEANS OR SCRAMBLED EGGS ON TOAST**, or a few rashers to make your own bacon buttie!

Please order juices, teas, coffees, hot milk, hot chocolate or herb and fruit infusions to drink on your breakfast form

Enjoy!