

**VEGAN SAMPLE BREAKFAST MENU**

Selection of cereals, granola and our own homemade muesli (n) (w) (g)

Seasonal fresh fruit and natural yoghurt

Unconcentrated Fruit Juices

Granary or white toast, together with our own homemade Marmalade and Jams

*A choice of Ringtons Breakfast Tea, Earl Grey, fruit or herbal tea (decaffeinated on request)  
A cafetiere of Pilgrims of Holy Island `Daily Bread` ground coffee (decaffeinated on request)*

-----

**Vegan Mixed Grill**

With Falafel, tomatoes, hash browns, vegan sausage and mushrooms, fried in coconut oil

**Slow cooked Porridge (in water)**

With a hint of ginger

**Homemade Baked Beans & Veggie Burger**

Served on multi-grain toast

**Fruity Toast (Multi-grain toast)**

With banana, poached pears, fresh figs and with a hint of mixed spice, maple syrup and toasted almonds

**Scrambled Tofu on Toast**

With refried beans, lightly spiced with smoked paprika

**Baked Large Flat Mushrooms**

Stuffed with avocado and garlic and herb coconut cream

***This menu is in addition at £10 per room, per night***

