

SAMPLE VEGAN BREAKFAST MENU

Main Courses subject to availability of raw ingredients. This menu is subject to change daily

Selection of Cereals, Granola and our own Homemade Muesli (n) (w) (g)

Seasonal Fresh Fruit and Greek Style Natural Yoghurt

Unconcentrated Fruit Juices

Vegan 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)*

Mixed Grill

With Homemade Beetroot Falafels, Vegan sausage, Vine Tomatoes, Hash Browns and Mushrooms,
Lightly fried in Coconut Oil or Rapeseed Oil

Slow-cooked Porridge (in water)

With a Hint of Ginger

Homemade Breakfast Beans & Veggie Burger

Served on Homemade Soda Bread

Fruity Toast

With Banana, Poached Pears, Fresh Figs and with a hint of Mixed Spice, Maple Syrup and Toasted Almonds

Scrambled Tofu on Toast

With Wilted Spinach and Pine Nuts, Lightly Spiced with Smoked Paprika

Baked Large Flat Mushrooms

Stuffed with Avocado and drizzled with a Garlic and Herb Coconut Cream

£5.00 per person, per day

