

## SAMPLE BREAKFAST MENU

**(Cooked options alternate each morning)**

A selection of cereals (n) (w) (g)  
Freshly prepared \*fruit and natural yoghurt or crème fraîche (\*British seasonal fruit used)

Unconcentrated Orange Juice

Granary or white toast served, together with our own homemade Marmalade and Jams. Local honey, peanut butter and Marmite is also available.

*A choice of Ringtons English Breakfast Tea (decaffeinated on request), Earl Grey, fruit or herbal tea  
Pilgrims of Holy Island `Daily Bread` ground coffee (decaffeinated on request)  
Ringtons Fairtrade Hot Chocolate and marshmallows (available on request)*

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### THE LAND

**Full Northumbrian Breakfast (Vegetarian option available)**

*(g,w) (v)*

**Boiled Egg(s) with `Dipping Soldiers`**

*(g,w) (v)*

**Slow-Cooked Porridge with Blueberries**

*(v)*

**Homemade Baked Beans served on a Muffin, Vegetarian Haggis and a Poached Egg**

*(g,w) (v) (gf)*

**Cheesy Scrambled Egg made with Doddington Dairy `Cuddy's Cave` cheese, in a warm croissant**

*(g,w,v)*

**`Bamburgh Banger` Grilled `Bamburgh Banger` Sausage sandwich**

*(gw) (gf)*

**Grilled Bacon Sandwich**

*(gw) (gf)*

### THE SEA

**Craster Oak-Smoked filleted Kipper served with a Vine Tomato**

*(g,w) (gf)*

**Craster Oak-Smoked Salmon with Scrambled Egg**

*(g,w) (gf)*

### CONTINENTAL

**Non-cooked and a lighter breakfast option: Croissant, Sliced Meats, a selection of Continental Cheeses,  
Dried Fruit, Butter and Preserves**

*(gw) (gf) (v)*

V – Suitable for vegetarians GW – contains wheat/gluten N – contains nuts GF – Gluten-free available  
Disclaimer: Most of the breakfast ingredients do contain wheat, gluten, egg, fish, milk or products may contain any other allergen.