



Our preferred time for Breakfast between 9am and 10am is

For your enjoyment, our breakfast menu has been prepared from fresh locally sourced produce wherever possible. Vegetarian options are available on request. See below for allergens.

A wide selection of tea, coffee and fruit juices will be available throughout.

Fresh fruit, A Selection of cereals, natural Yoghurt
Toast, Croissants, a selection of preserves

Please select an item from our Cooked Menu

Eggs lochs

Scrambled Eggs on medallions of toast with salmon

Poached eggs on medallions of toast

Boiled eggs and soldiers

Bacon on toast

Tomatoes on toast

Eggs benedict

English muffin topped with bacon a poached egg napped with
hollandaise sauce, dusted with paprika

Eggs Royale

English muffin topped with salmon a poached egg napped with hollandaise sauce, dusted with paprika

Waffles or scotch pancakes with fresh fruit and hot maple syrup

Full English or half full English

Breakfast sausages from our award-winning local butcher, bacon, sautéed mushrooms (garlic optional),
eggs any style, tomatoes, hash browns or savoury herb potato, and baked beans.

Vegetarian sausages are available

Our English breakfast is cooked in the oven and under the grill, to avoid a delay;
some prior notice may help and is always appreciated.

Bubble and Squeak

Content may vary though usually includes at least 7 vegetables; can be a potato substitute in the Full English
or standalone with an egg topping

Please delete items where appropriate, we look forward to seeing you and will
have everything ready at the time you indicate above between 9am and 10am

Allergies and Dietary needs – We are very happy to discuss this with you,

A detailed explanation is here <http://saltcote.co.uk/dietary-preferences/>

This is responsive so works on mobile devices