



## BREAKFAST MENU

### From the Sideboard

organic bio natural yoghurt  
freshly prepared fruit & berries  
local granolas and organic muesli  
organic preserves and local honey  
fresh orange & apple juice  
fruit bowl

### Fresh from the Kitchen

#### Traditional Full English

Select from  
free range sausage and bacon, black pudding,  
baked mushroom, baked vine tomatoes, baked beans  
free range eggs - scrambled, fried or poached  
vegetarian sausages also available

toast - wholemeal, super seedy or white sourdough  
local bakery hand-made organic bread

#### Scrambled Eggs & Smoked Salmon on Toast

locally oak-smoked salmon

#### Egg Sayle House

poached egg, flash-fried smoked salmon, a touch of crème fraiche  
on a toasted bread muffin, topped with chives

#### Oven-heated Mini Breakfast Pastries

made with Charentes butter

#### Tea and Coffee

english breakfast (fairtrade, organic)  
earl grey (organic), decaffeinated tea options  
green tea (fairtrade), peppermint infusion, redbush, fruit tea

coffee cafetiere – fairtrade (incl. decaffeinated option)