



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)