DUCHYHODE BEDANDBREAKFAST

<u>Breakfast Menu</u>

Please help yourself to cereals, yogurts and fresh fruits.

<u>Coffee</u>	Espresso, Americano, Latte - Decaffeinated available	
Tea	English Breakfast, Earl Grey, Fruit, Herbal, Decaffeinated	
Toast	White or Brown, served with butter, jam & marmalade	
Followed by;		
<u>Full Dartm</u>	<i>oor</i> West Country Sausage, Two Rashers of Bacon, Hogs Pudding, Grilled Tomato, Mushroom, Baked Beans, Free Range Egg	
<u>Vegetarian</u>	Vegan Sausage, Mushroom, Grilled Tomato, Baked Beans, Free Range Egg	
<u>Eggs</u>	Poached, Fried, Scrambled or Boiled	
<u>Omelette</u>	Any combination of; Cheese, Ham, Mushroom, Tomato	

The following can all be made with your choice of soya milk or cows milk.

<u>Porridge</u>	Your choice of; Traditional Cinnamon, banana and honey Blueberry and brown sugar Chocolate, chia seed, peanut butter and banana
<u>Smoothie Bowl</u>	Mixed berries, banana, chia seeds, milk,
<u>Nut Bircher</u>	mixed seeds & nuts Oats, milk, peanut butter, banana, honey, nuts

Please let us know if you have any dietary requirements or allergies