

A sample of what is on offer for breakfast.
Please see inside for the full menu



Our Famous Full English
can be served with optional
extras of baked beans,
plum tomatoes and prize
winning Bury black pudding.
Have it your way!

(a customer's photograph)

Light Bite
scrambled egg
topped with smoked
salmon - mmmmm



Boiled Eggs
with toast
soldiers



If there is something you fancy for breakfast
that is not on the menu let us know and you
can have it the next morning.
(we will need 24 hours notice and
it will be subject to local availability)

*We believe in supporting local businesses
and as far as possible all produce used has
been sourced from within the local district.*

Some of our local suppliers

Robinsons

Hornby Farm, Garstang.

Supplies us with;

Free range eggs, Bacon and
Cumberland Sausage.

Northern Environmental

Thorp Arch Estate, Wetherby.

Supplies us with;

100% recycled napkins, recycled bin bags,
also environmentally friendly cleaning products

Trough of Bowland Spring Water Co.

Far Lodge, Quernmore, Lancaster

Supplies us with ;

Our bottled water for the bedrooms

If you enjoyed the marmalade why not
take a jar home with you?

Alex's Homemade Orange and Lemon
Marmalade is for sale @ £2.20 per jar



BREAKFAST
MENU

TEA Take your time, enjoy the view plus the ritual and special taste of our loose leaf teas

Tea Bags (Decaffeinated also available)
Fairtrade and Organic

English Breakfast - Loose Leaf
Pale in colour, full of flavour

Earl Grey - Loose Leaf
Aromatic, smooth and sophisticated

Darjeeling - Loose Leaf
A clean, satisfying alive tea

Green Tea - Loose Leaf
Valued for its detoxifying and antioxidant properties

COFFEE Cafetiere of ground coffee

Nicaraguan
Smooth & mild from Central America

Columbian
Medium roast from South America

Java
An exciting strong organic coffee from the Indonesian archipelago

Decaffeinated Coffee
Beautiful medium coffee gently decaffeinated using only natural elements

HELP YOURSELF FROM THE BUFFET

Selection of Cereal and Cold Milk
Grapefruit Segments and Fresh Fruit Salad
Yoghurt / Mixed Nuts and Seeds
Home Made Luxury Granola & Soda Bread
Choice of Chilled Juices & Filtered Water
A Variety of Herbal Infusion Teabags

FRESHLY COOKED

Porridge, creamy and nourishing

2 Boiled Eggs with toast soldiers

Light Bite
Scrambled egg on a toasted muffin topped with smoked salmon

Vegetarian
Poached egg on toast, Glamorgan vegetarian sausage, fried potato, baked beans, fresh mushrooms and grilled tomato

Full English
Grilled back bacon, Cumberland sausage, fried bread & potato, egg, fresh mushrooms and grilled tomato

Also available; just ask if you would like to add:
Black pudding, Baked beans or Plum tomatoes

TOAST & PRESERVES

White and whole meal toast with *locally produced* jam and **Alex's home made** orange & lemon marmalade.

We also offer; golden syrup, nutella, peanut butter, marmite and *locally produced* honey from the buffet.

SPECIAL DIETS

We can cater for special diets please let us know your requirements in advance so we can make sure we have in what you need.

We normally stock; soya and rice milk, rice cakes also wheat and gluten free bread.

Any items on the menu can be mixed so you can
Have It Your Way



**All the tea and coffee
we serve is Fairtrade**

We do our best to have all the items on the menu available every day
