

NAME:

TIME:

BREAKFAST AT STAPLETON'S CHANTRY

(7.30 – 8.30 Monday – Friday 8.30 – 9.30 Saturday & Sunday)

To Start

Orange Juice - Cranberry Juice – Red Grapefruit Juice
Crunchy Nut Cornflakes, Muesli, Bran Flakes, Weetabix
Porridge - Fresh Fruit Salad
Natural Yoghurt - Fruit Yoghurt
Fresh Fruit Smoothie - Half Grapefruit

Cooked Options

Free Range Eggs: Scrambled, Fried, Poached or Omelette?
Grilled Locally Cured Bacon – Grilled Tomatoes
Scottish Black Pudding - Heinz Baked Beans
Local Butchers' Sausages – Irish White Pudding
Vegetarian Sausages
Poached Un-dyed Smoked Haddock

Plus

Croissants
Toast – brown or white
Locally made Jams, Honey & Marmalades
Flora - Butter

Tea and Coffee

PG Tips, Earl Grey, English Breakfast,
Camomile, Peppermint, Herbal, Green
Cafetiere Fresh Coffee (*decaff?*) Gold Blend Nescafe
Hot Chocolate Milk (*hot?*)

If you are staying more than one night and would like to change your choices or your breakfast time, please fill out a new menu & leave it on the hall table – thanks