

# Belmont

— Bed & Breakfast —

## ***Breakfast Menu***

### ***Cold buffet selection***

*Chilled pure squeezed fruit juice - orange, apple or pink grapefruit*

*Cereals - Rice Krispies, Bran Flakes, Special K, Crunchy Nut Cornflakes, Alpen, Weetabix, Cornflakes*

*Yogurt - various Activia fruit flavours and natural*

*Grapefruit segments*

*Fresh fruit platter - melon, pineapple, satsuma, strawberries*

*Fruit bowl - apples, oranges, pears, bananas*

***Prepared to order*** (please use the breakfast order form)

### ***Full English breakfast***

*Butchers own Premier Gold Cornish Pork Sausage*

*Debbie & Andrews Gluten Free Pork Sausage*

*Vegetable and rice "vegetarian" sausage*

*Thick-cut unsmoked back bacon*

*Grilled vine-ripened tomatoes*

*Hash Browns*

*Heinz Baked Beans*

*Parting Carn Farm Free Range Eggs - fried, poached or scrambled*

*Boiled eggs - with or without "dippy bread"*

*Smoked salmon and scrambled eggs with brown bread and butter*

*Yogurt parfait - layers of mixed fruit, natural yogurt and nutty granola*

*Smoked salmon and cream cheese on a toasted bagel*

*Warm croissant and local preserve*

*Wholegrain oat porridge served with brown sugar or honey*

*Freshly made toast - white or seeded wholegrain with a selection of preserves*

### ***Hot drinks***

*Coffee, tea (both available decaffeinated), hot chocolate, Earl Grey, peppermint, green, camomile or fruit/berry teas.*

Please ask if you have special dietary requirements and we will do our best to meet these.

Where possible we use locally sourced produce and we aim to have the full selection available all season. However, occasionally due to the restrictions of being on a small island, some items may not be available. We will do our best to offer suitable alternatives.

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