

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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