

Good Morning

To Start:

Orange, Grapefruit, Pineapple, Apple or
Tomato Juice
Stewed Prunes, Grapefruit Segments
Fresh Fruit Salad
Strawberry Yogurt
Cornflakes, Weetabix, Muesli,
Branflakes, Hot Porridge.

Cooked Breakfast:

Cumbrian Grill
Including Grilled Bacon, Local Sausage,
Tomato, Fried Bread and Egg of your
choice

Something a bit lighter

Fried/Poached/Scrambled Egg on Toast
Baked beans on Toast
Boiled Eggs (4 mins)

Freshly Cooked Toast with Orange
Marmalade & Strawberry Jam
Tea or Coffee (Decaf Coffee available)