

## Sample Breakfast Menu

## To start with......

Orange Juice/Local Apple Juice

Fresh Summer Fruit salad or Winter Fruit compote

Home-made Porridge

Choice of cereals

## Followed by...

Locally produced sausages and bacon

Local tomatoes (seasonal)

Mushrooms, baked beans

With a choice of fried, scrambled or poached egg

Or

Poached eggs on toast

Scrambled eggs with smoked salmon

Boiled eggs with Gentleman's Relish and 'soldiers' for dipping

Crushed avocado with a twist of lime and poached eggs on toast

Kippers

## And if you have room....

Plenty of toast with South Downs butter, home-made marmalade or jam.