

**BREAKFAST MENU**

TO START YOUR DAY:

Chilled Fruit Juice

- Orange
- Pineapple
- Grapefruit
- Apple
- Tomato

A CHOICE FROM:

- Rice Crispies
- Cornflakes
- Bran flakes
- Weetabix
- Porridge
- Muesli
- Special K
- Grapefruit Segments
- Fruit Yoghurt

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Tea & Coffee

Please ask the restaurant staff if you would prefer  
De-caffeinated Tea & Coffee or a Speciality Tea

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## BREAKFAST MENU

### Full Traditional English Breakfast

(Please ask the restaurant staff about today's selection)

Vegetarian sausages normally available on request

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### Cold Ham with Eggs

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### Scrambled, Boiled or Poached Eggs

Available as required

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### Grilled Kipper

(With brown bread and lemon)

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Fresh Fruit (subject to availability)

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Or any combination as required

Please specify to the restaurant staff

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Toast with choice of Preserves

Have a Nice Day ...from all at the Ilfracombe Carlton

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