

Breakfast

HOT DRINKS



English Breakfast Tea or Decaffeinated Tea, Coffee or Decaffeinated Coffee or Herbal & Fruit teas

COLD DRINKS



Juice of the Day from:
Carrot & Ginger // Beetroot & Apple // Grapefruit, Orange & Turmeric // Pineapple, Lime, Mint & Chlorella // Apple, Celery & Cucumber



CEREALS



Weetabix or Porridge (with nuts / grains / honey)

or

FRUIT



Grapefruit // Prunes // Peaches // Selection of Fresh Fruit (please do not take away from the restaurant)

or

YOGHURTS



Fruit, Natural or Soya

or

HOT FOOD



Scrambled Egg on Brown Toast, with Baked Beans & Grilled Tomato

or

One or Two Poached Eggs on Brown Toast

or

One or Two Soft / Hard Boiled Eggs with Brown Toast Soldiers

or

Grilled Kipper with One Poached Egg

or

Poached Smoked Haddock with One Poached Egg

or

Five Beans on Wholegrain Bread (Vegan)
(Red Kidney, Haricot, Pinto, Borlotti & Cannellini)

or

Tofu Scramble with Onion (Vegan)
Paprika, Turmeric & a Pinch of Cayenne Pepper

This menu has been chosen to give all the energy you need to get the most out of your day with us. To benefit from **BODY FIT** we strongly recommend you do not stray from the choices listed above.