

## **Breakfast**

Traditional full English breakfast: Smoked Suffolk back bacon, butchers' pork sausage, grilled tomatoes, mushrooms, hash brown, baked beans, eggs (poached, scrambled or fried) (1342kcal)

Vegan cooked breakfast:

Vegan sausage, hash brown, grilled tomatoes, mushrooms, baked beans, wilted spinach (941kcal)

Eggs Benedict:

Poached eggs, Suffolk ham and hollandaise sauce on a toasted English muffin (850kcal)

Eggs Royale:

Poached eggs, smoked salmon and hollandaise sauce on a toasted English muffin (824kcal)

Lowestoft smoked kippers with bread and butter (520kcal)

Scrambled or poached egg on buttered granary or white toast (276-301kcal)

Scrambled egg with smoked salmon on buttered granary or white toast (576kcal)

Belgian waffles:

Topped with maple syrup and Suffolk back bacon (1110kcal)
OR natural yogurt and berry compote (610kcal)

Bacon sandwich on white or granary bread (316kcal)

Sausage sandwich on white or granary bread (342kcal)

Have you booked for dinner this evening? Tables are held for residents daily, but if not booked by 6pm are released to the general public

For dietary requirements or allergy information please speak to a member of our team