

Good Morning!

Freshly squeezed Orange & Grapefruit juices

Tomato juice and Worcestershire sauce

Fresh Grapefruit segments

Breakfast compote with prunes, figs, apricots,
sultanas and orange, topped with yoghurt
and flaked almonds

Fresh strawberries, raspberries,
blue berries and blackberries

Water Melon

Porridge "au naturelle"

with cream and whiskey!

Cereals

Cornflakes, Bran flakes and Muesli

Raisins, flaked almonds,

Sunflower pumpkin and sesame seeds

Freshly baked croissants, pain au raisins
pain au chocolat

Lavish Lakeland breakfast Ees Wyke style
with local Cumberland sausage, bacon
and black pudding served with
fried egg, tomato, mushroom
and fried bread

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Poached eggs on toast

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Scrambled eggs on toast with bacon

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Boiled eggs with toast soldiers

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Grilled Loch Fyne Kipper

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Oak Smoked Finnan haddock fillet,
poached in milk, and a poached egg.

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Toasted home baked bread, white, spicy fruit
with raisins with homemade three fruit
marmalade, preserves and honey

Pot of tea or Cafetière of coffee

(A selection of Indian, China, herbal, decaffeinated teas and
decaffeinated coffee is available)

Studio and Non-residents £15.95

Black pudding from Lakes Speciality Foods.
Sausages from Jonathon at Cartmel Valley Game
Bacon from R B Woodhall and Fish from M & J Seafood