

# *Good Morning!*

*Please help yourself from the Buffet:*

*Assorted Cereals*

*Homemade Muesli & Granola*

*Fruit choices*

*Yoghurts*

*Homemade Malt Loaf*

## ***Beverages:***

*Chilled freshly squeezed Fruit Juices*

*Cafetiere of Freshly Ground Coffee*

*Decaffeinated Coffee or Tea*

*English Organic Breakfast Tea*

*Ceylon, Earl Grey, Assam, Darjeeling Tea*

*We have a Selection of 20 loose leaf Fruit, Green or Herbal Teas*

*Hot Chocolate Dark, Milk or White*

***Celebrate*** *with a glass of Bucks Fizz*

*£4.00pp or a glass of Champagne £9.75*

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All inclusive Non Resident breakfast £20.00

Alternatively please ask to see our A la carte non resident

Breakfast Menu

Enjoy Room Service

Breakfast can be served in your room from 07.30 until 10.00, please  
order the night before Charge £5.00 per person

Leaving Early want an express checkout ?

or maybe just want to get up late?

Order our takeaway breakfast

## Options:

### Creamy Porridge

Served with Muscavado Sugar , Sliced Banana, Raisins or Honey  
Please allow 10 mins...

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### \*Healthy Option Fresh seasonal Fruit Smoothie

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### Full English Breakfast

Includes: Our own homemade Pork Sausage, our own dry cured Bacon, roast Tomato, Black Pudding, Fried Bread, Mushrooms & \*free range Egg cooked how you like..

(V) **Vegetarian Full English Breakfast** with Glamorgan Sausage & spiced Beans

\*All our Eggs are Free Range Happy Hens from Talaton Devon :  
Boiled, Scrambled, Poached or fried

You may choose any combination of the above.....

\*We also offer a **Coeliac Continental Breakfast** or **Full English Breakfast** with our own homemade Sausages which are gluten, egg & Dairy Free

### Continental Breakfast

Freshly baked Croissants & homemade morning goods selection with Honey & homemade Preserves and our own Seville Orange Marmalade

Please allow 20 mins cooking time

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## Cured local Meats and Cheese Platter

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Gypsy Toast dusted with Cinnamon & drizzled with  
Caramel Syrup

\*Coeliac Bread

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Bacon, Mushroom & Cheese Griddled Sandwich

\*Coeliac Bread

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\* Our own Beetroot cured Smoked Pollock topped with a  
lightly poached Egg in a Lemon Butter Sauce

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\*Scrambled Eggs with our own Smoked Salmon

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\*Baked Eggs with Mushroom & Truffle Cream & Toast  
Soldiers

\*Coeliac toast

## Make Your Day Special

If you are checking out today let us check the traffic news  
for your journey

Or

If you are enjoying the area we can help you make the  
most of your stay with suggestions for a great day out

Weather poor or fancy a treat why not book a treatment  
with one of the Therapists in our Dragon Fly Spa  
Reflexology, Holistic Facial Massage, Swedish Body  
Massage or Sports Therapy Massage, we can contact a  
therapist for you and see if they are available. If your  
really keen we can book a personal trainer to kick start  
those healthy habits!

**D**on't forget to take advantage of our best  
prices and offers by booking direct with us on  
your next visit.