

BREAKFAST MENU

Gluten Free Available

(apart from croissants)

Apple or Orange Juice Yogurts, Fruit Compote, Fresh Fruit Selection of Cereals

including Cari's homemade gluten free granola

Porridge with maple syrup, honey or brown sugar

Pancakes with maple syrup or honey

Full English

eggs (fried, scrambled or poached), bacon,
sausage (GF and vegetarian available),
tomato, mushroom and black pudding (GF available)

Optional extras: baked beans, hash browns

Scrambled Eggs with Smoked Salmon

Eggs on Toast poached, scrambled or fried

Mushrooms on Toast

Baked Beans on Toast

Bacon or Sausage Sandwich

Croissants and/or Pain au Chocolat

Toast (brown or white)

Selection of Jams and Marmalade (homemade)

Fresh Coffee

Nespresso or filter (decaff available)

Hot Chocolate

Selection of Teas

Breakfast (decaff available), Earl Grey, peppermint, camomile,
lemon and ginger, green, berry, red bush

Please let us know if you would like lemon with your tea or hot milk
with your coffee or something else we haven't thought of! Special

diets can be catered for with sufficient notice. Cari cooks breakfast once you have ordered in the morning but if you are in a bit of a hurry and need a cooked breakfast to be served promptly, let us know the night before and we can have it ready for you.

Food Allergies and Intolerances:

Before you order your food and drinks, please ask us if you want to know about our ingredients. Cari is a coeliac so we stock gluten free products including bread, sausages and black pudding.

All produce is sourced locally and where possible or practical, organic. We have two excellent local butchers from whom we get our sausages and bacon. Eggs are from happy hens on a farm down the road or, when they are feeling lazy, our local organic farm shop.

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