

# BREAKFAST

## JUICES

Orange.....Apple.....Grapefruit

## CEREAL

Cornflakes.....Weetabix....Muesli....Porridge  
Fresh fruit salad....Plain yoghurt....Grapefruit segments

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## HOT

Sausages...bacon...black pudding...egg...tomato...mushroom

Ullapool Smokehouse grilled kippers

Boiled eggs

Eilean Donan smoked salmon and scrambled eggs

## VEGETARIAN

Homemade baked beans in a chunky tomato sauce

## CONTINENTAL

Honey roast ham, Orkney cheddar, sliced tomato & boiled egg

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## CAFETIERRE COFFEE

smooth medium blend  
Arabica decaffeinated

## TEA

Scottish Blend....Earl Grey  
Decaffeinated.....Peppermint.....Green

## TOAST

White.....Wholemeal