

Apple Tree

Bed & Breakfast

Breakfast Menu

Tea/Coffee or Hot Chocolate

(speciality teas and decaf available – please see blackboard)

Cereal
Fruit

Orange Juice
Yoghurt

Traditional English Breakfast

Sausage
Egg (scrambled or fried)
Heinz Baked Beans
British Black Pudding

Bacon
Mushrooms
Tomato
Hash Brown

Sausages are Gloucester Old Spot

Bacon is British Premium Back Bacon

Eggs are Billy's Woodland Free Range Eggs

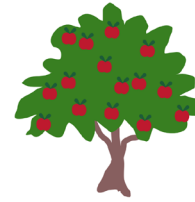
For alternatives to the traditional breakfast, please see over.

Toast

Brown or white, gluten free available

Ingredients are local wherever possible –
see blackboard for details.

If you have any special dietary requirements, please let us know.



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Below are **alternatives** to the
traditional English breakfast

Fish

Scrambled Egg with Smoked Salmon
OR
Kipper with Scrambled Egg

Vegetarian

Vegetarian Sausage
Egg (scrambled or fried)
Mushrooms
Hash Brown
Tomato
Heinz Baked Beans

Lighter options

Porridge with brown sugar or honey
Scrambled egg on toast
Heinz Baked Beans on toast
Bacon Sandwich

Special diets

Please ask about vegan / gluten free options
For low fat / dairy free spread, please ask.