



BREAKFAST MENU

To Start

*Fruit Juices, Fresh Fruit, Selection of Cereals
Porridge made with Flahavan's Irish oats,
Greek Yoghurt, Toast (white or brown seeded)*

Full English

*Oven roasted sausage, grilled back bacon, fried or
poached eggs (from our own chickens),
mushrooms with garlic, lemon & thyme, baked
beans & roasted tomatoes.*

Vegetarian Cooked

*Vegetarian sausages, fried or poached free-range
egg, hash browns, mushrooms with garlic, lemon
& thyme, baked beans and oven roasted tomatoes.*

Or for something lighter...

Scrambled Eggs & Slow-Roasted Tomatoes on Toast

*Eggs from our own chickens scrambled with
butter and baby spinach, served with vine
tomatoes roasted with thyme and garlic on white
or seeded brown toast (Veg)*

Bircher Muesli

*Oats soaked overnight in oat milk & coconut
yoghurt, mixed with dried fruit, nuts, orange juice
& maple syrup (Veg & Vegan)*

Dairy version also available

(Breakfast times & Dietary Advice overleaf)



Breakfast is served anytime between 8.00 and 9.00am. Please note, our options may vary slightly according to availability.

Dietary advice

Food items on this menu may contain allergens. Please ask us for information on ingredients if you think you might be affected. **All food is prepared in an environment where allergens are present.** If you have an allergy or an intolerance, let us know and we will do our best to prepare your menu choices in isolated conditions.

At West Winds Cottage we do our best to use home-grown, local, regional, Fairtrade and organic produce whenever we can.