



PLANT-BASED BREAKFAST MENU

To Start

Fruit Juices & Fresh Fruit

Selection of Cereals (with oat milk)

Pure oat porridge with unsweetened oat milk

Dairy free Vanilla or Coconut Yoghurt

Toast (white or brown seeded)

Vegan Cooked Breakfast

Vegan sausages, hash browns, mushrooms with garlic, lemon & thyme, baked beans & oven roasted tomatoes.

Vegan Bircher Muesli

Oats soaked overnight in oat milk & coconut yoghurt, mixed with dried fruit, nuts, orange juice & maple syrup.

Slow-baked creamy berry and coconut oats

Jumbo oats, baked in organic oat milk together with berries, coconut, maple syrup and vanilla and served with coconut yoghurt, seeds and fresh berries.

Green Smoothie

Organic oat milk, banana, peas, spinach, pear, almond butter, linseeds and a date or two thrown in for a little sweetness.

(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.