# BREAKFAST

Good Morning

If your stay includes a continental breakfast each morning. When we bring your tea and coffee, we'll take your order for any freshly cooked dishes—made with locally sourced ingredients—and these items are available at an additional cost.

Room Only Guests Continental £12 per adult and £5 per child If you would like Continental and Cooked Breakfast £20 per adult and £10 per child

## CONTINENTAL

Selection of Baked Goods (GEO, VEO)

Muffins, crumpets, Bloomer bread, sourdough and malted (GFO), pastries and croissants

Yoghurt (GF, VEO)

Natural yoghurts and coconut vegan yoghurt

Selection of healthy seeds & Berries (GFO, VE) Pumpkin seed, Chia seed, Goji Berries, Banana chips

Fruits & Oats (GFO, VE)

Fruit compote, stewed apricots, poached pears, stewed prunes, overnight oats with berry compote

Cheese Platter (GF)

Cheddar, brie, cold cut ham

Cook your own Boiled Eggs (GF)

Cereals (GFO, VEO)

Cornflakes, Rice Krispies, Coco Pops, Muesli, Granola

Jams & Preserves (GF, VEO)

Fruit Jams, chunky marmalade, honey

Spreads (GFO, VEO)

Nutella, Marmite, Peanut Butter

Chilled juices & Waters (GF, VEO)

Orange, apple, ginger & orange shots, superfood smoothies, still & sparkling water

### **ALTERNATIVES**

Gluten-free toast Gluten-free cornflakes Fruit muesli Soya milk, oat milk or almond milk Nut butters

### COOKED

New Forest breakfast (GFO) £10

Back bacon, Red Tractor sausage, mushroom, baked beans, grilled tomato, rosti potato cake and eggs cooked to your liking

Vegetarian breakfast (VEO) £10

Grilled halloumi, mushrooms, grilled tomato, spinach, avocado, rosti potato cake and eggs cooked to your liking

Belgian Waffle with... (VEO) £8

Choose between Bannan & Nutella or Maple syrup

Smoked Salmon & Scambled Egg £9 served on an English muffin

Smashed Avocado on Sourdough Toast £9 with poached egg and chilli flakes

Eggs Benedict / Florentine / Royale (GFO) £9 served on toasted English muffin

Speciality drinks - £3.80

Americano, latte, macchiato, mocha, cappuccino, espresso, flat white, hot chocolate

### FOR LITTLE ONES

Children's breakfast (GFO) £5

One sausage, rasher of bacon, baked beans, and a barn reared egg

Children's veggie breakfast (VEO) £5

Veggie sausages, baked beans, and a barn reared egg

American Style Pancakes (VEO) £5 Chocolate spread or lemon & sugar

Printed on 100% recycled paper. (V) vegetarian  $\mid$  (VE) vegan  $\mid$  (GF) gluten-free (VGO) vegetarian option  $\mid$  (VEO) vegan option  $\mid$  (GFO) gluten-free option

NEW COREST

