

Daily Continental Breakfast Menu

Fruit & Yogurt Bar:

Natural Yoghurt

Flavoured Yoghurt

Honey

Dried Mixed Fruit

Sunflower & Pumpkin Seeds

Fruit Compote

Fresh Fruit:

Bananas, Apples & Oranges

Half Grapefruits

Avocado

Chopped Fresh Pineapple & Watermelon (M/W/F/Su)

Or Fresh Cut Orange & Honeydew Melon (T/Th/Sa)

Choice of Cereal:

Weetabix, Rice Krispies, Bran Flakes, Corn Flakes,

Coco Pops, Nut-Free Muesli

Porridge

Toast & Preserves: (including Marmite)

Brown/White Bread

Granary Bread Rolls & Bagels

Croissants:

Butter Croissant (M/W/F/Su)

Or Pain au Chocolate (T/Th/Sa)

Baked Beans

Boiled Eggs

Continental Cheeses

Continental Meats:

Pastrami (M/W/F/Su)

Or Roast Ham (T/Th/Sa)

Drinks:

Orange or Apple Juice

Freshly Brewed Coffee & Tea

Skimmed & Semi-Skimmed Milk