

# 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