



## **BREAKFAST MENU**

### **Full English or Vegetarian English Breakfast**

Our tasty locally sourced bacon & sausage\* or grilled halloumi, grilled tomato, mushrooms, baked beans, a hash brown and free range egg - poached, fried, scrambled or boiled.

*\*Gluten free sausage & bread/toast are available on request*

### **The O-Mega Breakfast**

Avocado, egg, smoked salmon, Feta cheese crumbs and walnuts on toasted bread of the day, topped with chilli flakes.

Served with a side of hummus.

### **Omelette**

Delicious 2 egg Omelette with your choice of the following ingredients: Tomato, Onion, Cheese, Mushrooms, Ham, Smoked Salmon and Bacon.

### **Beach Lodge Breakfast Sandwich**

A toasted bagel with sausage, bacon and a fried egg.



### **Porridge**

Freshly made with milk \* and served just on its own or with either berry compote or fresh banana and maple syrup.

*\* Dairy free option available*

### **Pancakes or Waffles**

Delicious home-made pancakes or Waffles served with either banana & maple syrup or berry compote.

**All of our food is cooked fresh to order therefore, at busy times there may be a slight delay in your food being served. We thank you for your patience.**

**Food Allergies and Intolerances:** Please inform us if you have any allergies or intolerances when placing your order.