



# NETHERWOOD

## HOTEL & SPA

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### Good Morning

Our team will be ready to greet you to start your day with a choice of tea, coffee, juice and toast.

Please ask for our selection of fruit teas and decaffeinated options. If you have any special dietary requirements please let our team know as soon as possible.

#### Juice

Orange – Apple – Cranberry

#### Cereal

Cornflakes – Weetabix – Crunchy Nut – Rice Krispies – Alpen – Granola

#### Selection of Pastries

#### Fruit Salad

#### Fruit and Yoghurt Jar

Lakeland vanilla yoghurt, fruit compote, granola

(Vegan option available on request)

#### Warm Breakfast

Smoked Haddock and Poached egg

Cartmel Valley Smoked Salmon, multigrain toast and scrambled egg

Kippers

#### Full English Breakfast

Bacon – Sausage – Baked Beans – Tomato – Mushrooms – Black Pudding – Hash Brown

With free range eggs - Fried, Poached or Scrambled

#### Vegetarian Breakfast

Vegetarian Sausage – Baked Beans – Tomato – Mushrooms – Hash Brown

With free range eggs - Fried, Poached or Scrambled

If you would prefer anything different or a 'pick' from any of the main course items please let us know and we will be more than happy to help

