



GOOD MORNING

HELP YOURSELF FROM THE BUFFET

Orange, grapefruit & apple juice

Today's fresh smoothie *Free from*

Cold meats & Charcuterie

Selection of cheeses ⑦

Fresh fruit salad, stewed prunes & poached apricots

Jersey natural yoghurt selection of fruit yoghurt pots ⑦

Bircher muesli *Free from*

Cereal selection: Cornflakes, Branflakes, Weetabix, Muesli

Selection of seeds, nuts ⑩ & dried fruits

Selection of freshly baked pastries & cakes ②④⑦⑩

Jams, Marmalade, Honey, Nutella

Dishes may contain any of the following allergens

- ① Celery ② Cereals containing gluten ③ Crustacean ④ Egg ⑤ Fish ⑥ Lupin ⑦ Milk
⑧ Molluscs ⑨ Mustard ⑩ Nuts ⑪ Peanuts ⑫ Sesame ⑬ Soya ⑭ Sulphur dioxide

Non-resident & residents on Room Only package - £16.95 per person

ASK YOUR WAITER FOR ANY OF THE FOLLOWING:

Full Jersey: dry cured bacon, local butcher's pork sausage, sautéed mushrooms, grilled tomato, black pudding, baked beans, hash brown potato, Grouville free range egg (fried, poached or scrambled) ②④⑥⑭

Jersey Vegetarian: Moving Mountains sausage, marinated grilled halloumi, grilled tomato, asparagus, hash brown potato, sautéed mushroom, baked beans, Grouville free range egg (fried, poached or scrambled) ②④⑥⑦

Butternut vegan pancakes, feta cheese, Gordal olives, cherry vine tomatoes, balsamic

Kedgeree: brown rice, peas, natural smoked haddock, bell pepper, red onion, mild curry spice, poached free range egg ④⑤

Grilled Kipper, Jersey butter, lemon, tomato & chive salad ⑤⑦

Smoked Scottish salmon, scrambled eggs & avocado on buttered toast ②④⑤⑦

Eggs Benedict, smoked ham, poached free range eggs & Hollandaise sauce on a toasted English muffin ②④⑦

Eggs Florentine, wilted baby spinach, poached free range eggs & Hollandaise sauce on a toasted English muffin ②④⑦

Omelette ④ with a choice of fillings: Cheddar ⑦, ham, tomato, asparagus, spinach, mushroom, smoked salmon ⑤

Egg & Soldiers ②④

Grilled Minute steak, grilled tomato, sautéed mushrooms, hash brown potato, fried free range egg ④ (£5 supplement)

Morning porridge, cooked with your choice of Jersey milk ⑦ or soya milk, or topped with a wee dram of Scotch Whiskey (£4.45 supplement)