

# Good morning, and welcome to breakfast at Sea Spray!

Our breakfasts are cooked freshly and therefore can take up to 15 minutes or more - especially during busy periods. If you are in a hurry, please ask our waiting staff for advice on quicker options.

## Cereals

Fruit & Fibre, Cornflakes, muesli or Rice Crispies.  
Or fruit yoghurt.

## Juices

Orange, apple, grapefruit or cranberry.

## Hot drinks

English breakfast tea, filter coffee, hot chocolate, green tea, fruit tea or peppermint tea.

White or wholemeal toast.

Eggs can be fried, scrambled or poached.

We go out of our way to use local growers and suppliers, and where possible, organic produce. Our eggs are free range. Everything on this menu is checked regularly for GM additives. Some items may contain traces of nuts.

## Please choose one of the following:

### Express breakfast

Warm butter croissants with preserves.

### English breakfast

Egg, bacon, sausage, tomato and mushrooms.

### Double egg, double bacon

### Bacon or sausage sandwich

## Vegetarian alternatives:

### Vegetarian English breakfast

Egg, vegetarian sausage, hash brown, mushrooms and tomato.

### Omelettes

Cheese or mushroom.

### Egg on toast

### Beans on toast

### Cheese on toast

## Specials:

Please allow at least 15 minutes preparation time.

### Eggs Benedict

### Cinnamon French toast with apple sauce

### Smoked salmon and scrambles eggs