

# THE ROYAL HOTEL

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## Breakfast MENU

Breakfast is served  
Monday to Saturday 7.30am to 9.30am  
Sunday 8.00am to 10.00am

### TRADITIONAL ENGLISH BREAKFAST

12.50

Includes all continental items plus your choice of a full English breakfast or breakfast fish or alternatives and omelettes

#### FULL ENGLISH BREAKFAST

Grilled back bacon, locally made pork sausage, grilled tomato, sauteed mushrooms, baked beans, fried bread, hash browns (gluten free fried bread available and cooked to order)

#### FREE RANGE EGGS

Fried, poached, scrambled

#### BREAKFAST FISH

(please order with your waiter or waitress)

- Poached naturally smoked haddock  
rocket and watercress salad, poached free range egg,  
fresh lemon
- Grilled smoked kipper  
grilled tomato, Herb butter, watercress

#### ALTERNATIVES

- Two soft or hard boiled free range eggs
- Poached, fried or scrambled eggs on toast
- Try our omelettes made with three free range eggs

### CONTINENTAL BREAKFAST

10.00

#### CHILLED FRUIT JUICES

Orange, apple, tomato, cranberry

#### CEREALS AND PORRIDGE

- Cornflakes, fruit 'n' fibre, Weetabix, Alpen muesli  
(gluten free cereals available)
- Traditionally made slow cooked creamy porridge oats

#### FRUIT

Prunes, grapefruit segments, fresh fruit salad

#### YOGHURTS

Natural and fruit flavoured

#### BREADS

White, malted brown or mixed toast, freshly baked bread rolls, butter croissants, English crumpets (gluten free bread/rolls and toast prepared to order)

#### SELECTION OF PRESERVES

Jams, Honey, Marmite and Nutella

#### HOT BEVERAGES

English breakfast tea, fruit teas and infusions, freshly filtered coffee, hot chocolate (Decaffeinated Tea and Coffee available upon request)

### FREE RANGE OMELETTES

Please choose from the following items

#### GRATED MATURE CHEDDAR CHEESE

#### SLICED BUTTON MUSHROOMS

#### HOME BAKED GAMMON HAM

#### DICED MIXED BELL PEPPERS

#### FINELY DICED ONION

#### DICED VINE TOMATO

#### SELECTION OF FINE HERBS