

The Peninsula Breakfast

Fresh Fruit Juice Coffee or Tea

Homemade Pastries with Butter, Jams and Honey

P Coconut Yoghurt Parfait Homemade Granola, Nuts, Seeds, Orange Compote

Full English Breakfast
Two St. Ewe Eggs any Style, Pork or Beef Sausage,
Streaky Pork or Turkey Bacon,
Stornoway Black Pudding, Baked Beans, Tomato,
Hash Brown, Portobello Mushroom

49

M Naturally Peninsula Breakfast

Fresh Fruit Juice Coffee or Tea

Coconut Yoghurt Parfait Homemade Granola, Nuts, Seeds, Orange Compote

Plant- Based Full English Breakfast Vegan Sausage, Sautéed Kale, Tofu, Baked Beans, Avocado, Tomato, Hash Brown, Portobello Mushroom

Tofu Shakshuka

Peppers and Onion in Spiced Tomato Sauce

44

Cantonese Breakfast

Coffee or Tea

Warm Soya Milk

Har Gow Prawn Dumpling, Bamboo Shoot

Siu Mai Chicken Dumpling, Black Mushrooms

Fun Guo Steamed Mixed Vegetable Dumpling

Congee with Condiments

Stir-Fried Egg Noodles Bean Sprouts, Dark Soya Sauce, Sesame

Vegetarian Option Available

46

Juices, Smoothies and Fruit

Fresh Fruit Juice Orange, Grapefruit, Pineapple, Apple

14

Smoothies Mango Smoothie Yoghurt, Cardamom, Ginger, Almond Milk

> Strawberry Smoothie Coconut, Pineapple, Yoghurt

> > 14

Cold Pressed Juices Iron Man Pineapple, Apple, Carrot, Beetroot, Ginger

Green Magic Apple, Celery, Orange, Spinach, Lemon

> Nature's Flu Shot Carrot, Orange, Ginger

14

Seasonal Fruit Plate

19

Berry Bowl 16

Cereals

Homemade Granola, Muesli, Corn Flakes, Raisin

Bran or All-Bran

Choice of Milk

Whole Milk, Non-Fat, Soya, Oat, Almond

Healthy Bowls

Bircher Muesli Overnight Oats, Yoghurt, Apple, Almonds, Berries

16

PCoconut Yoghurt Parfait Homemade Granola, Nuts, Seeds, Orange Compote

16

Porridge
Berries, Nuts, Dried Fruit

Quinoa and Cocoa Porridge Coconut, Mixed Berries, Goji Berries

14

Mango Chia Pudding Honey Mango, Coconut Milk, Chia

16

Breakfast Favourites

French Toast

Mixed Berries, Chantilly Cream, Maple Syrup

Pancakes

Mixed Berries, Banana, Caramel Sauce

20

St. Ewe Free Range Eggs

Full English Breakfast
Two Eggs any Style,
Pork or Beef Sausage,
Streaky Pork or Turkey Bacon,
Stornoway Black Pudding,
Baked Beans, Tomato, Hash Brown,
Portobello Mushroom

40

Scrambled Eggs and Salmon 27

Eggs Benedict, Royale or Florentine 22

Add 10g of Oscietra Caviar Supplement 22

Avocado Toast Poached Eggs, Pomegranate, Sourdough Toast 22

Add Smoked Salmon Supplement 6

Two Boiled Eggs and Soldiers 20

Omelette Cheese, Tomato, Mushrooms, Spinach

22

Shakshuka Scrambled Eggs in Spiced Tomato Sauce, Burrata, Onion, Peppers, Pitta Bread

Cheese

Selection of British Artisan Cheeses

Yoghurts

Greek Style, Natural Low Fat or Coconut

Choice of Coulis
Mango or Mixed Berries



Naturally Peninsula Cuisine is prepared with natural plant-based ingredients.



Please scan for allergens, nutritional information and inform us of any allergies / dietary requirements.



CHILDREN'S MENU

BREAKFAST

Pancakes with Fresh Berries	14
French Toast with Fresh Berries	16
Fluffy Scrambled Eggs and Baked Beans on Toast	12
Porridge with Banana and Apple	12
Seasonal Fruit Platter	12
HOT BEVERAGES	
Hot Chocolate	8
Berry Infusion	8
Babyccino	8
FRESH FRUIT JUICE	
Orange, Grapefruit, Pineapple, Apple	14
SMOOTHIES	
Mango	14
Yoghurt, Cardamom, Ginger, Almond Milk	
Strawberry	14
Yoghurt, Coconut, Pineapple	