



Glen Rothay

At Rydal, Ambleside

The Lake District

## Breakfast Menu

**Served 8.00am to 9.30am**

### To start

**Please help yourself to fruit juice, cereal and yoghurt**

#### **Tea or coffee**

please ask if you would like decaff coffee or fruit/herbal tea

#### **White or brown toast**

and a selection of jams and marmalade

### Cooked breakfast

**Our staff will take your order. Please choose from:**

#### **Border porridge**

a touch of English sugar, a touch of Scots salt - ideal for your walk!

#### **The Full Cumberland Breakfast**

local back bacon, Cumberland sausage, mushrooms, vine tomatoes, hash brown, and your choice of eggs. (Plus baked beans and black pudding if you wish)

#### **Vegetarian breakfast**

Veggie sausage, mushrooms, vine tomatoes, hash brown and your choice of eggs

#### **Scrambled eggs and smoked salmon**

served on a toasted muffin