



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