



★★★★★
THE OLD GOVERNMENT HOUSE
HOTEL & SPA



BREAKFAST MENU

THE CONTINENTAL SELECTION FROM OUR BUFFET

Chilled and Fresh Fruit Juice (ve)

Fruit Selection (ve)

Selection of fresh and poached fruit accompanied by a selection of nuts and seeds

Selection of Cereals

Muesli, homemade granola, Cornflakes™, Bran Flakes™, Rice Krispies™, Special-K™, Weetabix™ and Crunchy Nut Cornflakes™

Yoghurt

Natural Greek, soya (ve) and a selection of fruit yoghurts

Cold Meat

Milano salami, peppered pastrami, Pommier ham and chorizo

Cheese

Selection of local and continental cheese

Baker's Stand (ve)

Selection of pastries, croissants and sourdough bread

CHEF'S HOT BREAKFAST SELECTION

Full English Breakfast

Fried, poached or scrambled eggs, grilled smoked back bacon, pork sausage, baked field mushroom, grilled tomato, baked beans and black pudding

BLT

Choice of white or wholegrain toasted sandwich with bacon, lettuce, tomato and mayonnaise

Vegetarian Breakfast

Fried, poached or scrambled eggs, baked field mushroom, grilled tomato, baked beans, steamed spinach, vegetarian sausage, potato rösti (ve - without eggs)

Eggs Royale

*Poached eggs, smoked salmon, hollandaise sauce
Served on an English muffin*

Eggs Benedict

*Poached eggs, Pommier ham, hollandaise sauce
Served on an English muffin*

Eggs Florentine

*Poached eggs, steamed spinach, hollandaise sauce
Served on an English muffin*

Two Boiled Eggs

With marmite soldiers

Poached Eggs on Toast

Scrambled Eggs

Plain or with smoked salmon or steamed spinach

Omelettes

With your choice of fillings

Smoked Haddock Kedgeree

Long grain rice, coriander, chilli, garden peas, poached egg

American Pancakes

Your choice of:

Smoked bacon and maple syrup

Strawberries and Nutella

Banana and blueberry (ve)

Vegan feta, tomato and pumpkin seed (ve)

Smoked Salmon

Steamed spinach, wholegrain toast, scrambled egg

Oak Smoked Kipper

Lemon and herb butter

Crushed Avocado (ve)

Sourdough toast, tomato, balsamic vinegar

Scottish Porridge

Your choice of milk or alternative milk (ve), demerara sugar and fresh berries

HEALTH JUICES AND SMOOTHIES

Stress Down (ve)

Carrot, celery and ginger

The Mighty (ve)

Cucumber, kale, broccoli, spinach and lemon

Heartbeat (ve)

Beetroot, banana, pineapple and apple

Young Blood (ve)

Celery, lemon and apple

Fresh Fruit Smoothie

Natural Greek yoghurt, honey and blended fresh berries

(ve) vegan

Our chefs will be happy to create a selection of dishes especially for our diabetic guests.

If you require information on the allergen content of our food please ask a member of staff and they will be happy to help you.