



Breakfast Menu



Lowbyer Manor Country House

COLD SELECTION

(PLEASE HELP YOURSELF)

Orange, Apple & Cranberry Juices on Ice

Selection Fruit Yogurts on Ice

Alpen, Cornflakes, Special K & Weetabix cereals with semi-skimmed Milk on Ice

Freshly prepared Fruit Salad on Ice **or** A Bowl of Fresh Fruit

HOT BEVERAGES

(PLEASE PLACE YOUR ORDER)

Café Direct Fair Trade Medium Roast Coffee, **Ringtons Fair Trade** Tea, Earl Grey, Pure Camomile, Pure Peppermint, Green Tea or Blackcurrant Ginseng & Vanilla **Decaffeinated** Tea, **Café Direct Decaffeinated** Coffee or Hot Chocolate

WHITE & WHOLEMEAL TOAST WITH PRESERVES

(PLEASE HELP YOURSELF)

Claire's Handmade Strawberry Extra Jam, Raspberry Extra Jam, Fine Hand-cut Orange Marmalade, **Nook Farm** Honey, Sun-Pat Smooth Peanut Butter or Marmite

FULL ENGLISH BREAKFAST

(PLEASE ORDER FROM THE FOLLOWING)

Cumberland Sausage, Dry Cured Bacon, Black Pudding, fresh Tomato, fresh Mushrooms served with a **FRIED, SCRAMBLED** or **POACHED** Egg

OR

VEGETARIAN ENGLISH BREAKFAST

(PLEASE ORDER FROM THE FOLLOWING)

Hash Brown, fresh Tomato, Heinz Baked Beans, fresh Mushrooms served with a **FRIED, SCRAMBLED** or **POACHED** Egg

OR

PORRIDGE

(PLEASE PLACE YOUR ORDER)

Served plain for you to add your choice Salt, Demerara Sugar, Golden Syrup or Honey

Our breakfasts are all cooked fresh to order with ingredients purchased locally. The Bacon is locally sourced and dry cured by Butchers in Carlisle. The Cumberland sausage thins & black pudding are from 'T.G. Blackstock' of Alston. The Tomatoes & Mushrooms are bought fresh from our local Fruit & Veg stall (which can be found at the Market Cross on Tuesday, Friday & Saturday mornings). Freshly laid Cumbrian Eggs are delivered to our door with fresh locally produced Milk.

If you enjoy the preserves & honey available with your toast this morning, you can find them with others, mustards and coffee for sale in the dining room. They are all made locally in Cumbria and they make an ideal gift for someone or a treat to take home and enjoy. We only keep a small number of jars on display, so please ask for more if you require them.