



lifehouse
spa & hotel

BREAKFAST MENU

HOT BREAKFAST

Holland-on-Sea Farm sausages (g)
Wicks Manor Farm pork bacon
Field mushrooms
Free Range Barn eggs fried or scrambled (d)
Tomatoes & beans
Hash brown bites
Vegetarian sausage (available on request)
Porridge served with milk or cream on request (d-g)

COLD BREAKFAST

Sliced Milano Salami
Wicks Manor Farm ham
Feta cheese
Tomatoes
Greek yoghurt (d)
Forest fruit compote
Prunes in syrup
Milk/Non-dairy alternatives (n-s)
Sunflower & Pumpkin seeds
Vegan Bircher Muesli overnight oats (g-n)
Bran flakes or Granola (g-n)
Gluten-free cornflakes
Selection of bread & pastries (d-e-g-n-s)

Allergens key

c crustaceans | ce celery | d dairy | e eggs | f fish | g gluten | l lupin | m molluscs |
mu mustard | n nuts | p peanuts | s soya | sd sulphur dioxide | se sesame seeds