

CONTINENTAL

Choose from our extensive Continental Breakfast Menu for £10

Fruit

Fresh fruit salad, stewed prunes, grapefruit segments and peaches

Cereals

Cornflakes, Weetabix, Muesli, Special K and Frosties

From the Bakery

Croissants, Danish pastries, bread rolls, brown and white toast served with a selection of preserves

Cheese Board

Somerset brie and HawkrIDGE cheddar

BEVERAGES

All breakfasts are served with a choice from the following beverages

Selection of Teas

Traditional breakfast

Decaffeinated

Earl Grey

Green tea

Camomile

Peppermint

Blackcurrant

Coffee

Freshly brewed filter coffee

Hot Chocolate

Chocolate blended with hot milk

Fruit Juices

Orange, pineapple, apple and grapefruit

FULL ENGLISH

Choose from our Chef's three breakfast specialities or select from the traditional buffet for £12.50 or children's breakfast (3-12yrs) for £5

The Barnstaple Hotel Breakfast Buffet

Grilled pork sausage

Bacon

Mushrooms

Hash browns

Fried bread

Grilled tomato

Baked beans

Eggs: Scrambled, poached, fried or boiled

Black pudding

Grilled Kipper

Lightly grilled smoked herring, lemon parsley and caper butter

Smoked Haddock & Poached Eggs

Haddock poached in milk with a lightly poached egg, finished with a lemon sauce

Omelettes

Cheese, ham, mushroom or tomato

SUPPLEMENTS

North American Style Pancakes **£3.00**

Pancakes with maple syrup

Smoked Salmon & Scrambled Egg **£3.00**

Served on toasted granary bread

Eggs Benedict **£3.00**

Toasted muffin topped with ham, poached egg and Hollandaise sauce

Please inform us if you have a food allergy or special dietary requirements that we should be aware of

