



SEACOTE  
HOTEL

ST.BEES

## BREAKFAST MENU

Good Morning,

Please help yourself to the following:

**Fruit juice:**

Orange, Apple, or Cranberry

**Cereals:**

Corn Flakes, Bran Flakes, Special K,  
Weetabix, or Alpen

**From the chiller:**

Grapefruit segments

Soft fruits

Natural yogurt

Granola

**Tea and coffee selections**

**White and brown toast**

Gluten-free options available upon request

**Porridge with honey or salt**

Gluten-free option available upon request

**Please select your breakfast, cooked to  
order from the following:**

**Cumbrian Breakfast:** back bacon,

Cumberland sausage

(vegetarian sausage available), black  
pudding, grilled half tomatoes, flat  
mushroom, hash brown, baked beans

**Your choice of eggs:** Boiled, poached, fried,  
or scrambled

**Scrambled eggs with smoked salmon**

If you have any dietary requirements,  
please ask a member of our team will be happy to  
assist you