

THE PERFECT START

Start the day with Stanbrook Abbey's fresh, energising and feel-good digestive shot.

Beverages

A selection of fine teas and coffee with a choice of freshly and locally sourced juices.

The breakfast table selection

A selection of freshly-baked croissants, pastries, muffins and breads.

A choice of cereals

Cornflakes, Special K, Frosties, Weetabix, Coco Pops, Schär gluten-free muesli.

Fresh fruit salad and citrus pots (vg) (pb) (kcal 160)

Layered Greek yoghurt sundae (v)

With Hand Picked seasonal granola (kcal 280)

From the Chef

"It's all about the eggs. Our eggs are Lion™ branded and locally sourced. We can cook them however you like them; poached, fried, scrambled or as an omelette. Our sausages use our own exclusive recipe - tried, tested and given the seal of approval by all our chefs. They are even gluten-free!"

Blueberry and organic oats

Made with coconut milk, topped with local honey (kcal 200)

Scottish oak smoked salmon

Poached hen's egg, toasted sourdough, lemon wedge, watercress (kcal 254)

Breakfast charcuterie

Smoked fish and local cheese with olives, sun-blushed tomatoes, pickles, relish and crispy breads from the bakery (kcal 322)

Caramelised maple syrup banana waffle (v)

Greek yoghurt and granola crunch (kcal 600)

Omega-rich smoked mackerel and scrambled egg on toasted seeded bread

Basil and chive olive oil drizzle (kcal 750)

Hand Picked breakfast dish of the week

Please speak to your server.

Artisan toasted sourdough and smashed avocado (v)

Baby spinach, poached hen's egg, chilli oil (kcal 274)

Eggs Benedict

Poached egg, carved ham, Hollandaise on toasted muffin (kcal 710)

Stanbrook Abbey English breakfast

Grilled back bacon, our own Cumberland sausage, sea salted plum tomato, roasted flat mushroom, homemade hash brown, baked beans and a choice of our locally sourced hen's egg (kcal 810)

Stanbrook Abbey vegetarian breakfast (v)

Glamorgan style sausage, black pudding, sea salted plum tomato, roasted flat mushroom, homemade hash brown, baked beans and a choice of our locally sourced hen's egg (kcal 520)

Zalmon, spinach and avocado (vg) (pb)

Toasted muffin, lime and chilli oil (kcal 300)

Fruity French cinnamon brioche toast (v)

Greek yoghurt, honey, cranberry, raisin and toasted pumpkin seeds (kcal 512)

Make breakfast extra special with:

125ml Glass of Champagne	£13
125ml Glass of Rosé Champagne	£18
Bloody Mary	£11
Non-residents breakfast price from	£25

All our teas and coffees are sustainably certified and ethically sourced. We work closely with fish and seafood suppliers who promote the use of MSC-sustainable alternatives. Scan the back of this menu to learn more.

All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients. If more information about allergens is required, please ask a member of the team. Adults need around 2,000 kcal per day. (pb) stands for plant-based.



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