

*"When you wake up in the morning, Pooh,' said Piglet at last, 'what's the first thing you say to yourself?' "*

*What's for breakfast?' said Pooh. 'What do you say, Piglet?'*

*'I say, I wonder what's going to happen exciting today?' said Piglet.*

*Pooh nodded thoughtfully. 'It's the same thing,' he said."*

### A. A. Milne, 'The House at Pooh Corner'

With an emphasis on quality, we try to source local produce wherever possible, for example our multiple award winning, hand-made Regency sausage come from Newton Abbot and our free range eggs are locally sourced too.

Our marmalade is home-made and we cook all our own locally sourced meats.

Special diets are catered for, using Black Farmer gluten free sausage and Garden Gourmet or Linda McCartney vegetarian products.

When on holiday we think breakfast should be exciting and something to look forward to. We do hope you enjoy breakfast with us, and if there is anything in particular you would like that isn't mentioned overleaf just let us know and we shall see what we can do !



# Breakfast Menu

## Continental Selection - help yourselves from the buffet to:

chilled fruit juice, fruits, individually wrapped yoghurts and  
selection of cereals, fresh fruit platter, croissants, pain-au-chocolat,  
home-made marmalade, jams and honey



## Place your order for freshly prepared

### Porridge

Using scotch porridge oats and full fat milk for a really creamy finish

Skinny version - made with part milk and part water



### The Downs Full English

comprising any combination of the following;

free range eggs \*

hand linked pork sausage

thick cut back bacon

black pudding

vegetarian or gluten free sausage

gluten free black pudding

fresh grilled tomatoes

baked beans

hashed browns

buttered mushrooms

fried bread

\* Our free range eggs can be prepared fried, poached, scrambled or boiled.



### Omelette

Our 3 egg omelettes can be served plain or with cheese, mushroom, bacon or salmon, or a combination as required



### Poached Eggs and Crumpets

Toasted hot and buttery, order 1 or 2 for the hungrier appetite



### Scrambled Eggs & Smoked Salmon

Light and fluffy scrambled egg with lightly smoked salmon



### Kippers (please order by the night before)

Smoked kipper fillet, why not add an egg!



**Coffee** - Freshly made or decaffeinated

**Teas** - Breakfast Blend, Green, Camomile, Earl Grey, Peppermint, Berries or Lemon



### Wholemeal or White toast

served with home-made marmalades, jam & honey

Please note: all our breakfasts are cooked freshly to order. At busy times this may result in a short wait. We appreciate your patience and hope you enjoy your breakfast.