

Adastral Hotel

Breakfast Menu

Good morning. We trust you had a comfortable night.

Fruit juices

Orange, apple, Pineapple

Cereals

Corn Flakes, Bran Flakes, Coco Pops, Crunchy Nuts, Weetabix or Muesli. (Please help yourself from the side board)

Grapefruit Cocktail, Prunes, Porridge, Yogurt (plain or fruit) or Fruits from the fruit bowl.

Toast

White or Wholemeal

Beverages

Tea, Coffee or Hot Chocolate. We can also offer a variety of fruit, herbal and decaffeinated teas and coffees.

Traditional English Breakfast

Eggs can be fried, poached or scrambled, grilled bacon, mushrooms, tomatoes, sausages, baked beans and black pudding. Fried slice on request.

Continental Breakfast

Croissants, various cold meats and cheeses.

Omelettes

Plain, mushroom, cheese, ham or a combination; served with tomatoes, mushrooms or baked beans.

Fish

Hot smoked Mackerel, Kippers or Smoked Haddock, served with tomatoes, mushrooms or baked beans.

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Your Breakfast is freshly cooked consequently there may be a delay during peak times.

Should you have any special requirements or dietary needs please do not hesitate to discuss them with the waiter.