

THE ZEN GARDEN BREAKFAST

Sawaddeeka

Good Morning

Breakfast Served

8.00am to 10.00am

Continental Breakfast

Please choose from the selection below

Platter of Seasonal Fruits

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Natural yoghurt with Berry Compote

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Selection of Pastries

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Zen Garden Cereals

Choose from our selection of corn flakes, bran flakes, special K or Muesli, and if you wish served with dried fruits and nuts

We will provide semi skimmed milk for you if you would prefer skimmed milk, full fat milk or Soya milk please ask and we will be happy to provide this.

Hot Breakfast

Cooked freshly to order

Traditional Scottish Porridge

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Smoked Salmon and Scrambled Eggs

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Fillet of Smoked Haddock with Poached Eggs

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Poached Eggs Benedict

Toasted English muffin with poached eggs, free range Hampshire Bacon and hollandaise

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New Forest English breakfast

Free Range Dry Cured New Forest Back Bacon, New Forest Sausage, New Forest Flat filed Mushroom, Hash Brown, Grilled Tomato, Black Pudding. Served with your choice of free range eggs (Fried, scrambled, boiled or poached)

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The Vegetarian Breakfast

New Forest Flat filed Mushroom, Hash Brown, Grilled Tomato and Vegetarian sausage.

Served with your choice of free range eggs

(Fried, scrambled, boiled or poached)

Smoothies & Juice

Breakfast Booster (N)

This nutritious blend of orange, dried banana, dried cranberries, dried pineapple and oats which provides a slow release of energy and Vitamin B to combat stress and fatigue.

Freshly Squeezed Orange Juice

One glass of freshly squeezed orange juice provides twice the recommended daily amount of Vitamin C; this and the fructose content of the oranges will boost your energy levels

Freshly Squeezed Grapefruit Juice

Pink grapefruit provides abundant amounts of vitamin C and bioflavonoids which play an important role in protecting blood vessels and is thought to help lower cholesterol.

Apple and Carrot Juice

The apple helps to remove toxins from the body. The beta-carotene and potassium from the carrots help protect against degenerative diseases.

Herbal Infusions, Teas and Coffees

Served fresh to your table

Fresh Organic Herbs and Fruits infused in boiling water

Choose From Fresh Mint, Root Ginger, Lemon Grass or Lime

Clipper Organic Classic

Choose From English breakfast, Earl Grey, Assam, Rooibosch or Darjeeling

Clipper Organic Infusion

Choose From Peppermint, Camomile, Green Tea, Green Chai, Sleep Easy, Detox or Nettle

Clipper Organic Fruits

Choose From Orange & Coconut, Lemon and Ginger, Wild Berry or Blackcurrant and Acai

Cafetiere of Fair Trade Organic Coffee

Cappuccino

Espresso

Café Latte

Hot Chocolate

Non inclusive continental breakfast £12.95

Non inclusive full breakfast £15.95