



VEGAN BREAKFAST CHOICES



THE PENHILL BREAKFAST MUFFIN

•(A toasted English Breakfast Muffin served with smashed Avocado, A Plant Based Patty, wilted Spinach, a sprinkle of Seeds and nutritious Kale)



THE AYSGARTH BUBBLE & SQUEAK

(A generous slice of pan-fried Mashed Potato, Savoy Cabbage, Leek, Carrot and Onion seasoned and browned with local Rapeseed Oil)





THE BOLTON BREAKFAST HASH

(A flavoursome Vegetable Hash loaded with fresh Kale, Black Beans, Garlic & Onion, local Potatoes, sliced Beetroot Sausage, seasoned red Peppers topped with lush Avocado and finely chopped Coriander)



Alternatively feel free to simply select the Field Mushrooms, Grilled Tomatoes and Toast – just give us some notice so we can cook these using oil.

ENJOY YOUR BREAKFAST!

