

# BREAKFAST at The Tempest Arms



Coffee and teas will be offered on seating

**From our kitchen table our member of staff will bring you any of the below to your table**

Stewed and sweetened fruits

Assorted yoghurts **(Milk)**

Kellogg's cereals **(Cereals, Milk)**

Honey, marmite, peanut butter and other toppings **(Peanuts)**

Orange juice, Yorkshire water, apple juice

**We also serve you your choice of cooked dish**

Grilled crispy bacon sandwich **(Gluten Free bread available on request)**

Two boiled eggs and soldiers **(Egg)**

Creamy spinach and poached eggs **(Milk, Egg)**

Cheese omelette **(Milk, Egg)**

Poached or scrambled eggs on toast **(Milk, Egg)**

Grilled fillet of kipper **(Fish, Milk)**

Smoked salmon with scrambled or poached egg **(Fish, Egg, Milk)**

Made to order porridge with a pot of honey **(Milk, Cereals)**

**THE GRILL** Two rashers of bacon, roast tomato, field mushroom, baked beans, pork sausage, black pudding & fried egg **(Cereals, Egg)**

**NO MEAT** Vegetarian sausage, roast tomato, grilled mushroom, baked beans, fried egg and fresh asparagus **(Cereals, Egg)**

**Allergies and dietary needs – please advise us on ordering!**