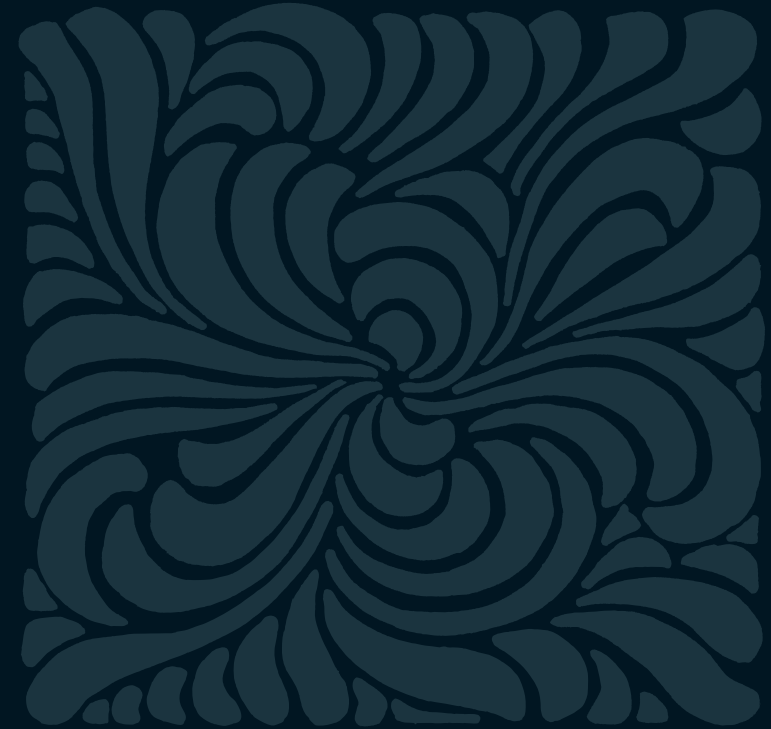


Breakfast **Menu**



Food Served Daily

Monday to Friday - 7am until 9.30am

Saturday & Sunday - 8am until 10am

All prices include VAT @ the current rate.

The Bower Hotel cannot guarantee that any items on this menu do not contain nuts or any derivatives.

We will not knowingly sell any foods required to be labelled as containing gm materials.

THE BOWER HOTEL



Continental Breakfast: **£6.50**

Traditional Breakfast: **£9.50**

Continental Buffet Selection

Natural Yoghurt / Fruit Yoghurt

Cold Ham with fresh Sliced Tomato and Cheese.

Breakfast Cereals

Choose from Bran Flakes, Frosties, Cornflakes, Rice Crispies & Weetabix. Served with semi skimmed milk.

Croissants

Mini Assorted Muffins

Danish Pastries

Porridge

A healthy start to the day with crushed oats and hot milk.

Traditional Full English Breakfast

Make your selection from:

Grilled Bacon

Butchers Pork Sausages

Tomato

Mushrooms

Fried Bread

Bury Black Pudding

Baked Beans

Served with a choice of Fried, Poached or

Scrambled Egg

Vegetarian Breakfast is available upon request

Boiled Eggs

Two Freshly Boiled Eggs Served With 'Soldiers'.

Pancakes - Served with Maple syrup.

supplementary

Grilled Kippers - Served with Butter **£2.50**

Smoked Haddock - served with Poached Egg **£2.50**

Smoked Salmon - served with Scrambled Egg **£2.50**

From the Bakery Basket

Fresh Toast

Brown, White or Mixed Toast served with Butter, Honey, Marmalade and Fruit Preserves.

Cold Drinks Selection

Fruit Juices

Choose from Orange, Grapefruit, Cranberry or Apple.

Fruit Selection

Choose from Grapefruit, Orange Segments or Melon.

Selection of Ringtons Hot Drinks

Freshly Brewed Fairtrade Filter Coffee

English Breakfast Tea

Fruit Tea

a selection of fruit teas are available