

All meals are freshly cooked using the finest, locally sourced ingredients.

Choice of popular cereals with milk (semi-skimmed or full)

Fresh toasted homemade wholemeal bread and fruit spreads.

## Food Cooked to Order

#### The "F.S.B" - a full Scottish Breakfast for those with a big appetite.

2 rashers of grilled smoked bacon, a Scottish beef link sausage, slice of Orkney Black Pudding, slice of McSweens Haggis, a fried tattie scone, fried egg, grilled tomato, sautéed mushrooms and a ramekin of baked beans.

#### The "Rosemount Stack" - A tiered stack of rich, breakfast deliciousness!

Scottish beef square sausage, fried tattie scone on a toasted English muffin, topped with a poached free-range egg, sautéed baby tomatoes with spinach, smothered in Hollandaise sauce.

#### **Waffles**

Freshly made waffles accompanied with crispy streaky bacon and maple syrup.

#### **Scrambled Eggs on Toast.**

Fresh, free-range hen's eggs softly scrambled on toasted sourdough bread. Served with a choice of crispy bacon or smoked salmon and a grilled tomato.

#### No Meat Please - Healthy Option for the Millennial in us all... ©

Avocado, crushed with mayonnaise, sun-blushed tomatoes and fresh coriander topped with a poached egg on toasted sourdough bread.

### **Vegan Option**

Porridge made with almond milk followed by a choice of medley of garlic mushrooms or sautéed baby tomatoes with coriander on toasted sourdough.

Although we have devised each dish to provide as many complimentary flavours as possible, we understand that everyone's taste is different, therefore, if there are some items within a dish that you don't like/can't eat please just say and we will substitute with any other item of your choice.

Please review the allergen advice table overleaf before ordering.

# **Allergens Table**

(1) – Celery, (2) – Cereals Inc Gluten, (3) – Crustaceans, (4) – Eggs, (5) – Fish, (6) – Lupin, (7) – Milk, (8) – Molluscs, (9) – Mustard, (10) – Nuts, (11) – Peanuts, (12) – Sesame Seeds, (13) – Soya, (14) – Sulphur Dioxide

Items	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Grilled Smoked Bacon														
Beef Link Sausage		Χ												Χ
Black Pudding		Χ												
Haggis Pudding		Χ												
Potato Scone		Χ		Х			Х			Х		Х	Х	
Fried Eggs				Χ										
Grilled Tomato														
Mushrooms														
Baked Beans														
Beef Square Sausage		Χ											Х	Χ
English Muffin		Χ											Х	
Spinach														
Hollandaise Sauce				Χ			Χ		Χ					
Waffles		Χ		Χ			Χ							
Maple Syrup														
Scrambled Eggs				Χ			Χ		Χ					
Sourdough Bread		Χ												
Smoked Salmon					Χ									
Avocado														
Mayonnaise				Χ					Χ					
Sun Blushed Tomatoes														
Coriander														

X – ALLERGEN INCLUDED, x – May contain trace of Allergen