


The Lobby

The Peninsula Breakfast

Fresh Fruit Juice or Smoothie
Coffee or Tea

Oven Fresh Pastries
with Butter, Jams and Honey

 **Coconut Yoghurt Parfait**
Earl Grey Granola, Nuts, Seeds,
Orange Compote

Full English Breakfast
Two St. Ewe Eggs any style, Pork or Beef Sausage,
Pork Bacon or Turkey Bacon,
Stornoway Black Pudding, Baked Beans, Tomato,
Hash Brown, Portobello Mushroom and
Toasted Bread

Vegetarian Option Available

49

Naturally Peninsula Breakfast

Fresh Fruit or Vegetable Juice
Coffee or Tea

Coconut Yoghurt Parfait
Earl Grey Granola, Nuts, Seeds,
Orange Compote

Goodness Bowl
Quinoa, Wild Rice, Spelt, Flaxseed, Avocado,
Cruciferous Vegetables,
Chia Seed Dressing

or

Tofu Shakshuka
Peppers and Onion in
Spiced Tomato Sauce

44

Cantonese Breakfast

Chinese Tea, Warm Soya Milk

Har Gow
Prawn Dumpling, Bamboo Shoot

Siu Mai
Chicken Dumpling, Black Mushrooms

Fun Guo
Steamed Mixed Vegetable Dumpling

Congee
with condiments

Stir-Fried Egg Noodles
Bean Sprouts, Dark Soya Sauce, Sesame

Vegetarian Option Available

46

Juices, Smoothies and Fruit

Fresh Fruit Juice
Orange, Grapefruit, Pineapple, Apple, Virgin Mary
14

Smoothies
Mango Yoghurt, Cardamom, Ginger, Almond Milk
Strawberry, Coconut, Pineapple, Yoghurt
14

Cold Pressed Juices
Iron Man
Pineapple, Apple, Carrot, Beetroot, Ginger
Royal Blush
Pink Grapefruit, Orange, Lemon, Cayenne Pepper,
Turmeric

Green Magic
Apple, Celery, Orange, Spinach, Lemon

Nature's Flu Shot
Carrot, Orange, Ginger
12

Seasonal Fruit Plate
19

Berry Bowl
16

Healthy Bowls

Bircher Muesli
16

 **Coconut Yoghurt Parfait**
Earl Grey Granola, Nuts, Seeds,
Orange Compote
16

 **Porridge**
Choice of Milk and Toppings
Berries, Fruit, Bee Pollen, Nuts, Dried Fruit,
Peninsula Honey or Maple syrup
12

 **Goodness Bowl**
Quinoa, Wild Rice, Spelt, Cucumber, Flaxseed,
Avocado, Cruciferous Vegetables,
Chia Seed Dressing
22

St. Ewe Free Range Eggs

Full English Breakfast
Two Eggs any style,
Pork or Beef Sausage,
Pork Bacon or Turkey Bacon,
Stornoway Black Pudding
Baked Beans, Tomato, Hash Brown,
Portobello Mushroom and Toasted Bread
40

Two Poached Eggs on English Muffin
Benedict, Royale or Florentine
22
Add 10g of Oscietra Caviar
supplement 22

Sourdough Toast
Avocado, Smoked Salmon and Poached Egg
24

Omelette with Choice of Fillings
Ham, Bacon, Cheese, Tomato, Onion, Peppers,
Mushrooms, Spinach, Chili
22

Shakshuka
Two Eggs in Spiced Tomato Sauce,
Onion, Peppers
28

Cereals

Earl Grey Granola, Muesli, Corn Flakes,
Raisin Bran or All-Bran

Choice of milk
Whole Milk, Non-Fat, Soya, Oat, Almond,
Coconut
Topped with Berries or Bananas
9

Breakfast Favourites

French Toast, Nutella, Strawberries
22

Pancakes or Gluten-Free Waffles
Maple Syrup, Chantilly Cream

Choice of topping
Berries, Banana or Pineapple Compote
20

Cheese and Cold Cuts

British Artisan Cheese and Italian Cold Cuts,
Honey, Fruit and Nut Bread
28

Yoghurts

Greek Style, Natural Low Fat or Coconut

Choice of Coulis
Mango or Strawberry
10



Please scan for allergens, nutritional information
and inform us of any allergies / dietary requirements.