

## Breakfast Selection

### Healthy Boost Breakfast 1

Seasonal Fruit Smoothie

Low Fat Yogurt, Honey, Apple Granola

Orange and Vanilla Soaked Oats with Chia Seeds, Coconut & Cinnamon

Brioche Benedict with Honey Roast Ham and Poached Quails Egg

Smoked Salmon Bagels

Natural Breakfast Bar with Honey, Apricots & Raisins.

Fresh Fruit Skewers

### Breakfast Menu 2

Sausage, Button Mushroom and Cherry Tomato Skewers

Mini Croissant filled with Ham and Gruyere

Quail's Egg Royale with Smoked Salmon on Mini Bagel

Greek Yogurt Pots with Fresh Berries & Honey

Fresh Fruit Skewers

OR

Granola Yoghurt Pots with Fruit Compote & Honey (Supplement £1.50)

#### Parsons Creative Food Ltd

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Registered in England No: 05126296 • V.A.T. No: 106 6425 33

## Breakfast Selection

### Breakfast Menu 3

Hot Bacon Butties with Ketchup

Open Smoked Salmon and Cream Cheese on Mini Bagels

OR

Open Smoked Salmon on Rye Bread with Avocado, Cracked Pepper & Lemon Zest

Selection of Croissants and Danish Pastries

Fresh Fruit Skewers

OR

Granola Yoghurt Pots with Fruit Compote & Honey (Supplement £1.50)

### Breakfast Menu 4

Selection of Mini Danish Pastries

Open Smoked Salmon and Cream Cheese Mini Bagels

OR

Open Smoked Salmon on Rye Bread with Avocado, Cracked Pepper & Lemon Zest

Mini Croissants filled with Ham and Cheese

Fresh Fruit Skewers

OR

Granola Yoghurt Pots with Fruit Compote & Honey (Supplement £1.50)

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