



Breakfast Menu

Please help yourself from the buffet table

Fruit juice

Orange or Apple

Yoghurts

Natural or Flavoured

Fresh fruit salad

Grapefruit segments

In light syrup

Granola, Muesli

or a selection of cereals

A selection of 'TeaPig' Teas are also available

Hot Food Menu

(All hot food is cooked to order)

Full Traditional:

Grilled pork sausage, bacon, mushrooms, tomatoes, baked beans

Eggs – fried, poached or scrambled

Shetland Smoked Salmon:

Served with scrambled eggs, hot buttered toast or a

Shetland bannock and garnished with fresh tomato

Omelette:

Cheese and Ham, garnished with fresh tomato

Cheese and Mushroom, garnished with fresh tomato

Poached Egg and Mushrooms (v):

Served on buttered toast or Shetland bannock



Free Range Boiled Eggs (v):

Served with hot buttered toast "soldiers"

BLT: Bacon, Lettuce & Tomato:

Sandwich made with white or brown wholemeal bread
(spread with a little mayonnaise)

Sausage Sandwich:

Pork sausages in white or brown wholemeal bread

Traditional Oatmeal Porridge (v)

Lynne's Oatmeal Porridge (v)

A healthy mix of sunflower and pumpkin seeds,
dried cranberries & topped with fresh mixed berries.

Jims Oatmeal Porridge (v)

A decadent bowl of creamy porridge topped
with a generous dram of Glayva whisky liqueur
(perhaps not for the named driver!!)