

Last Post B&B

Breakfast Menu

(Please advise us should you have any particular dietary needs)

*Fresh seasonal fruits
Greek & assorted Parmalat Fruit Yoghurts
Assorted Ceres fruit Juices*

Cereals

*Kellogs Corn Flakes
Kellogs Bran Flakes
Neutrific Wheat Biscuits
Home Made Muesli*

Cooked (Select from.....)

*Local Butcher made Pork Sausages
Local Butcher's Kassler Bacon
(Both of the above will be grilled unless requested otherwise)*

*Free Range Eggs
(Boiled, poached, fried or scrambled)*

Heinz Baked Beans

Tomatoes

(Grilled or Tinned)

Mushrooms

(Fried)

(Note: All frying is done using Extra Virgin Olive Oil)

Toast

(White or Wholemeal Brown bread)

Home Made Muffins

Preserves

(Including assorted Homemade Marmalade, Lemon Curd & Seasonal Fruit Jams)

Five Roses Tea (Breakfast or Rooibos) & Nescafe Coffee