

# BREAKFAST

## HAYLING ISLAND SAILING CLUB

### freshly cooked full english breakfast

choose from: 2 rashers of bacon, 1 sausage, choice of 1 egg, 2 hash browns, 1 spoon of mushroom, 1 fresh tomato (2 halves), 1 spoon of baked beans, 1 black pudding  
contains: gluten, dairy, egg, sulphites

5 items £6.95  
7 items £8.60

### Alan Rae Butchers

#### 2 pork sausages

served in a bun with red onion £4.95  
marmalade  
contains: wheat & sulphites

#### bacon in bap x 2 rashers

served in a bun £4.95  
contains: wheat, eggs & dairy

#### vegetarian sausages v

served in a bun with red onion £3.75  
marmalade  
contains: wheat, eggs & dairy

#### eggs on toast v

2 eggs on 2 slices of toast £3.50  
choose from fried, poached  
or scrambled  
contains: wheat

#### smashed avocado & poached egg on toast v

with roasted tomatoes & £6.50  
balsamic glaze - *cooked to  
order, please request*  
contains: gluten, dairy & sulphites

### extras

bacon x 2 rashers £1.50  
sausage £1.50  
tomatoes £0.50  
hash browns £1.00  
baked beans £1.00  
egg £0.50  
mushroom £1.00  
black pudding £1.00  
toast or fried bread £0.40

### homemade porridge v

served with honey  
*cooked to order, please request* £2.75  
contains: wheat & dairy

### pastries / others

danish pastry £1.95  
croissant £1.95  
muller corner £1.50  
breakfast bar £1.00  
for allergy advice please see individual packets

### drinks

tea £1.95  
coffee £2.20  
fruit juice £2.00  
disposable cup charge £0.30

if you have specific dietary requirements then please ask  
chef, who will endeavour to accommodate you.  
we source our food from local suppliers wherever possible.