

# 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, 2 slices of fried bread, 1 black pudding

contains: gluten, dairy, egg, sulphites

5 items £6.50

7 items £8.20

### treagust of emsworth pork sausages

served in a bun with red onion £3.99

marmalade

contains: wheat & sulphites

### bacon in bap

served in a bun £3.99

contains: wheat, eggs & dairy

### vegetarian sausages v

served in a bun with red onion  
marmalade £3.75

contains: wheat, eggs & dairy

### eggs on toast v

2 eggs on 2 slices of toast £3.95

choose from fried, poached

or scrambled

contains: wheat

### smashed avocado & poached egg on toast v

with roasted tomatoes & £6.50

balsamic glaze

contains: gluten, dairy & sulphites

### extras

bacon £1.00

sausage £1.00

tomatoes £0.50

hash browns £0.75

baked beans £1.00

egg £1.00

mushroom £1.00

fried bread £0.75

black pudding £1.00

### homemade porridge v

served with maple syrup &  
blueberries £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 £1.80

coffee £1.80

fruit juice £2.00

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