

– **HEALTHY** –

**Scot's Porridge made the Scottish Way with Water and Salt or Choose Milk and Sugar**

Choose toppings – Brown Sugar, Fresh Cream, Local Heather Hills Honey or Stewed caramelised apple and cinnamon or berry compote

**Bircher Muesli** – with Almond Milk, Grated Apple, Blueberries and cinnamon

**Fruit and Greek Yogurt Sundae** – Greek Yoghurt topped with Fresh Berries, Organic Granola and a drizzle of Heather Hills Honey

– **SWEET** –

**Home-made Pancakes**, served with Berry Compote and real Maple Syrup.

**Mixed Toast Rack** – seeded brown/ crusty white/ wheat free served with Scottish butter and Heather Hills preserve selection

Please help yourself to a selection of fresh pastries, cereals, muesli, fruit compote, nuts, seeds and Greek yoghurt from our breakfast bar

– **HEARTY** –

**Traditional Scottish Breakfast** – Ayrshire back bacon, rare-breed Clash farm pork sausage, Campbell's haggis & black pudding, tattie scone, grilled plum tomato, mushrooms and Lintz Hall farm free range eggs any style

**Vegetarian Scottish Breakfast** – Two vegetarian sausages, Campbell's vegetarian haggis, tattie scone, plum tomato, mushrooms and Lintz Hall farm free range eggs any style

**Kids Breakfast** – sausage, bacon, beans with an egg of your choice served with a slice of white or brown toast

**Oak Smoked Whole Kipper** – Our famous Orkney kippers, oak smoked in a kiln for a smoky flavour

**Orkney Smoked Salmon and Free Range Scrambled Eggs** from Lintz Hall Farm on seeded brown toast

**Artisan morning roll** – with your choice of 2 of the following fillings: Grilled Ayrshire back bacon, fried free range egg, premium pork sausage, Campbell's haggis, black pudding or tattie scone

**Eggs Florentine / Royale / Benedict** – Poached free range eggs, crusty white toast topped with hollandaise sauce with your choice of spinach, Scottish smoked salmon or ham

**Free Range Poached, Scrambled, or Fried Eggs** from Local Lintz Hall Farm on seeded brown or crusty white toast

**Free Range Boiled Eggs** from Lintz Hall Farm and soldiers

**Monday-Sunday 7.30am-11.00am**

All food is freshly prepared from the kitchen and all larder is sourced local and from other parts of the Scottish Isles. Please speak to our team if you have any food allergies or special dietary requirements.

**Continental Breakfast £15**

**Cooked Breakfast £20**

(please note that these charges only apply if you do not have breakfast included in your room rate)

# BREAKFAST MENU

## – DRINKS –

Selection of Fruit Juices

House Smoothie

Choice of mature Java cafetiere coffee or a selection  
of St. Andrew's TLC tea