



# THE PERFECT START

Start the day with Rookery Hall's fresh, energising and feel-good digestive shot.

## **Beverages**

A selection of fine teas and coffee with a choice of freshly and locally sourced juices.

## **The breakfast table selection**

A selection of freshly-baked croissants, pastries, muffins and breads.

## **A choice of cereals**

Cornflakes, Special K, Frosties, Weetabix, Coco Pops, Schär gluten-free muesli.

**Fresh fruit salad and citrus pots (vg) (pb)** (kcal 160)

## **Layered Greek yoghurt sundae (v)**

With Hand Picked seasonal granola (kcal 280)

## **From the Chef**

"It's all about the eggs. Our eggs are Lion™ branded and locally sourced. We can cook them however you like them; poached, fried, scrambled or as an omelette. Our sausages use our own exclusive recipe - tried, tested and given the seal of approval by all our chefs. They are even gluten-free!"

## **Blueberry and organic oats**

Made with coconut milk, topped with local honey (kcal 200)

## **Scottish oak smoked salmon**

Poached hen's egg, toasted sourdough, lemon wedge, watercress (kcal 254)

## **Breakfast charcuterie**

Smoked fish and local cheese with olives, sun-blushed tomatoes, pickles, relish and crispy breads from the bakery (kcal 322)

## **Caramelised maple syrup banana waffle (v)**

Greek yoghurt and granola crunch (kcal 600)

## **Omega-rich smoked mackerel and scrambled egg on toasted seeded bread**

Basil and chive olive oil drizzle (kcal 750)

## **Hand Picked breakfast dish of the week**

Please speak to your server.

## **Artisan toasted sourdough and smashed avocado (v)**

Baby spinach, poached hen's egg, chilli oil (kcal 274)

## **Eggs Benedict**

Poached egg, carved ham, Hollandaise on toasted muffin (kcal 710)

## **Rookery Hall English breakfast**

Grilled back bacon, our own Cumberland sausage, sea salted plum tomato, roasted flat mushroom, home-rolled hash brown, baked beans and a choice of our locally sourced hen's egg (kcal 810)

## **Rookery Hall vegetarian breakfast (v)**

Glamorgan style sausage, black pudding, sea salted plum tomato, roasted flat mushroom, home-rolled hash brown, baked beans and a choice of our locally sourced hen's egg (kcal 520)

## **Zalmon, spinach and avocado (vg) (pb)**

Toasted muffin, lime and chilli oil (kcal 300)

## **Fruity French cinnamon brioche toast (v)**

Greek yoghurt, honey, cranberry, raisin and toasted pumpkin seeds (kcal 512)

## **Make breakfast extra special with:**

125ml Glass of Champagne	£13
125ml Glass of Rosé Champagne	£18
Bloody Mary	£11
Non-residents breakfast price from	£25

All our teas and coffees are sustainably certified and ethically sourced. We work closely with fish and seafood suppliers who promote the use of MSC-sustainable alternatives. Scan the back of this menu to learn more.

All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients. If more information about allergens is required, please ask a member of the team. Adults need around 2,000 kcal per day. (pb) stands for plant-based.



Learn more about Hand Picked Hotels'  
Sustainability Partners

**[handpickedhotels.co.uk](https://handpickedhotels.co.uk)**