



THE  
LAINDONS  
GUEST HOUSE

Breakfast is served between 8:30am to 10:00am, although if you require an earlier sitting, this can be arranged.

## Starters

Homemade Granola with Greek yoghurt topped with homemade berry compote\*.

Cereals: a choice of - Weetabix, Cornflakes or Muesli.

Green Shot Smoothie includes almond milk, spinach, apple and banana.

## Breakfasts

Bacon, avocado, sordough toast, tomatoes and eggs of your choice.

Full English breakfast: Sausage, bacon, baked benas, field mushrooms, roast tomatoes with eggs of your choice.

Vegetarian Option: Veggie sausages, potato rosti, baked beans, tomatoes, field mushrooms with eggs of your choice.

Bagel toasted topped with soft cream cheese, smoked salmon with a side of cucumber and lemon.

Blueberry pancakes\*\* with a side of crispy bacon and maple syrup.

\* Contains nuts

\*\* Contains egg and milk

We buy milk and eggs from the local Woodlands Farm. Our bacon and sausages are free range from local butchers in St Leonards and our juice is freshly made each morning. Our coffee is sourced from The Old Spike Roastery, Peckham Rye, London (amazing flavour) and teas are from the much loved organic brand Tea Pigs (The first premium tea company to introduce the pyramid mesh bags to the UK market).

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