

THE LIFEBOAT INN

Breakfast Menu

Please help yourself to our selection of cereals, fruit salad, homemade granola, fruit juices, yoghurt and Tiptree marmalade and jams from our buffet

Toast & pastries - White or granary toast or croissants

Hot porridge - Sweet, salted, plain or with fruit compote or prunes

Lifeboat breakfast

Bacon, sausage, grilled tomatoes, field mushroom, baked beans, hash brown, black pudding & a choice of fried, poached or scrambled eggs

Please tell us if you would like to add fried bread to your breakfast

Vegetarian breakfast

Vegetarian sausages, grilled tomatoes, field mushroom, hash brown, baked beans & a choice of fried, poached or scrambled eggs

Smoked salmon, scrambled egg

Smoked haddock, spinach, poached eggs

Kipper, grilled tomatoes, poached egg

Egg Benedict

English muffin, poached eggs, choice of ham or bacon, hollandaise sauce

Egg Royale

English muffin, poached eggs, smoked salmon, hollandaise sauce

Egg Florentine

English muffin, poached eggs, spinach, hollandaise sauce

Please ask one of our colleagues when ordering to ensure we can meet your dietary requirements, and for further information on the ingredients in our food.