



Tigh na Mara
(HOUSE BY THE SEA)

Good Morning, Rise & Shine!

Porridge (made to order) add Sultanas, Honey or Tropical Mix

Cereals Cornflakes, Fruit & Fibre, Granola, Muesli (Gf)

Fresh Fruit

Yoghurt

Your choice from the following

The Big Breakfast

Bacon, Egg, Black Pudding, Haggis, Sausage, Tomato & Mushroom

Breakfast Sandwich

Any 2 items from the Big Breakfast in a toasted bun

Scrambled Egg & Smoked Salmon

On toasted homemade bread

Homemade Scotch Pancakes

Your choice of Banana & Blueberries or Bacon & served with Maple Syrup

Smoked Haddock

served with a Poached Egg

Smashed Avocado

With fresh Tomato, mixed Seeds, a drizzle of Olive Oil, Sea Salt & Black Pepper & served on toast (maybe add a sliver of Smoked Salmon or a Poached Egg)

French Toast – with a difference

Dipped in a mix of Almond Milk, Maple Syrup, Cinnamon & Nutmeg, cooked in Coconut Oil & served with fresh Banana, toasted Almonds, Walnuts & a drizzle of Maple Syrup (you could of course opt for Bacon)

Hummus

Served on Oatcakes with fresh Tomato, mixed Seeds & Red Onion

Toasted Homemade Bread with Ma's Jam & Marmalade

(Gluten Free Available)

**Selection of Teas &
Coffee Decaf Available**