

B&B · Retreats · Workshops · Spaces

BReakFast Menu

What breakfast can we serve you to celebrate a new day?

We try not to waste food. Please make a choice the evening before, put a
next to what you fancy, and circle the text where there are multiple options.



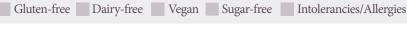




Time you would like breakfast:

(From 8.00am-10.00am)





Dietary requirements

- **Eggs-citing Breakfast**
- Scrambled/Fried eggs on toast Boiled egg(s) with soldiers (Soft or Hard boiled)
- Lut's Special:





- Belgian boterham (slice of bread with one topping):
- Home made jam
- Best Belgian chocospread
- Speculoos spread with banana
- Mouse shit ⊚ (100's &1000's)
- Lut's Special:



Belgian Holy Sunday Breakfast

- Croissant/Almond croissant
- Toasted tea cake with butter/jam
- Rolls with a selection of cheeses: dairy/vegan
- Koffiekoek (sweet pastry) big/mini's
- Fresh fruit salad/Piece of fruit



Bruce's Vegetarian Full English

Eggs, Tomatoes, Mushrooms, Tofu



- Mix and Match from our 'Cereal Bar'; (cereals, granola, muesli, dried fruit, seeds)
- Porridge, plain or pick your flavour
- Eggs (fried, scrambled) tomatoes, mushrooms
- Toast and marmalade



- Lut's smoothie
- Bruce's green juice
- Yoghurt: dairy/vegan
- Buckwheat/Vegan pancake with apples/berries/banana...
- Banana split (fruit plate with cereals, nuts...)
- Slice of bread with Peanut/almond/ cacao butter/Veggie spreads
- Lut's Special:



Drinks

- Fresh orange juice
- Warm lemonwater
- Milks: cow milk, almond milk, soya milk
- Lut's filter coffee: mild or very mild, decaffeinated
- Bruce's espresso machine coffee: strong or very strong
- Bambu coffee (organic coffee substitute)
- Builders' tea/Breakfast tea/Earl grey
- Lut's variety of loose/herbal/fruit teas
- Lut's fresh mint/sage tea



- Bread/rolls/ teacakes are home made and vegan
- Bread/rolls/pastries can be Gluten Free (please ask)
- Selection of GF cereals on our Cereal Bar



Night night and sweet breakfast dreams! 😅 See you in the morning. 🙂











