



## **BREAKFAST MENU**

### **GOOD MORNING**

Please help yourself to the Fruit juice,  
fresh fruit, yoghurt and cereals.

Please order your freshly cooked breakfast from the  
list below:-

#### **Wensum Breakfast – Great way to start your day**

2 slices grilled bacon, mushrooms, sausage,  
2 eggs cooked your way, tomato, baked beans  
And toast

#### **Vegetarian Cooked Breakfast**

2 Free Range Eggs, Pesto Mushrooms  
Served with fresh Tomato and toast

#### **Eggs**

Two Free Range Eggs cooked your way on toast  
served with fresh grilled mushrooms

#### **Wensum Breakfast – YOUR WAY**

Have any of the breakfast items above cooked any  
way or combination you choose\*\*\*



## **BREAKFAST FACTS from other countries.....**

**France.** In France a typical domestic breakfast will consist of bowls (rather than cups or mugs) of coffee, often café au lait, or hot chocolate with tartines — slices of baguette spread with jam — sometimes dunked. Croissants are also traditional, as is 'chocolate bread', Pain au chocolat

**Belgium.** A typical Belgian breakfast is like that of its southern neighbour, France. Belgians do not eat their famous food, Belgian waffles, which are traditionally sold in tourist areas of large cities. The breakfast in Belgium consists of breads, toasted or untoasted, with several marmalades, jams, and nut spreads, such as nutella. To drink, the Belgians often enjoy coffee, hot chocolate, water, or fresh juice with breakfast.

**Netherlands.** Dutch people typically eat sliced bread with toppings such as cheese, a variety of cured meats, or something sweet like jam, the typically Dutch hagelslag (chocolate sprinkles), chocolade vlokken (chocolate flakes), peanut butter, syrup (from sugar beet or fruit), and honey. Tea, dripolator coffee, milk, and juice are the most popular breakfast beverages. Breakfast may also include raisin bread. Boiled eggs may be served on Sundays.

**Middle East.** In most Arab areas, the most popular breakfast by far is pita bread dipped in rich labneh, a type of creamy curd, or in olive oil and za'atar (a common Middle-Eastern spice mix). Other popular breakfast foods in the Mashriq include boiled eggs, olives, cheese and beans