



Good Morning,

Commentators often say that Breakfast is the most important meal of the day !

We at The Canal Court Hotel & Spa agree!

Breakfast Served                      7.00am – 10.30 am

Continental Breakfast                      £9.00

Full Breakfast                              £13.00

#### Food Intolerance Information

- 1) Gluten 2) Crustacean 3) Eggs 4) Fish
- 5) Peanuts 6) Soybean
- 7) Milk 8) Nuts 9) Celery
- 10) Mustard 11) Sesame 12) Sulphites
- 13) Lupin 14) Molluscs





### Continental Breakfast

A Light & tasty way to start your day,  
with a selection of cheese,  
meats, cereal, fresh bread & Pastries



From our Bakery                    1, 3, 7  
Pancake Stack served with Maple Syrup &  
Hunton's Bacon



Traditional Porridge            1, 7  
Homemade Porridge served with Roses Natural Honey



Poached Eggs & Smashed Avocado  
served on Sourdough Bread            1, 3, 7

Mini Omelette                    3  
Fresh Free Range Eggs



Mini Breakfast 1,3  
Single Sausage, Bacon and  
Egg with Fried Bread and Tomato

Full Irish Breakfast 1,3  
Egg (Double Sausage, Bacon) with Tomato,  
Fried Bread and Sautéed  
Mushrooms

Vegetarian Breakfast 1,3  
Egg with Fried Bread, Tomato,  
Sautéed Mushrooms,  
Hash Brown & Baked Beans

Gluten Free Breakfast 3  
Sausages, Bacon, Egg, Grilled Tomato,  
Mushrooms & Beans



All Breakfasts are served:  
Freshly Brewed Coffee or Tea and with Toast  
(White, wholemeal, Gluten Free Breads)

All Breakfasts may be served with  
Fresh Eggs Cooked to your liking  
Whites Awarding Winning Black & White Pudding 1, 10  
Baked Beans