

# BREAKFAST MENU

<b>FULL ENGLISH</b> Fried eggs, sausage, bacon, sautéed potato, black pudding, tomato, mushrooms	£10.00
<b>LIGHT BREAKFAST</b> Cereal, yoghurt, fresh fruit	£3.95
<b>BREAKFAST SANDWICH</b> Bacon or sausage (available as a takeaway)	£3.95
<b>EGGS BENEDICT, ROYALE OR FUNGI</b>	£7.50
<b>NATURAL POACHED HADDOCK &amp; POACHED EGGS</b>	£8.50
<b>SMASHED AVOCADO AND POACHED EGG ON TOAST</b>	£7.50
<b>LOCAL KIPPERS</b>	£5.00
<b>SMOKED SALMON &amp; SCRAMBLED EGGS</b>	£6.95
<b>OMELETTE</b> Plain, ham, cheese or mushroom	£4.95
<b>SCRAMBLED or POACHED EGGS ON TOAST</b>	£4.50
<b>TOAST BASKET</b> with butter & preserve	£2.50

## COFFEE & TEA MENU

<b>Double Espresso</b> classic Italian coffee, short black with an intense aroma and after taste	£2.10
<b>Double Espresso Macchiato</b> a shot of espresso marked with a little frothed milk	£2.20
<b>Caffé Americano</b> espresso topped with hot water	£2.25
<b>Cappuccino</b> one third espresso, one third hot milk and one third frothed milk	£2.50
<b>Caffé Latte</b> a shot of espresso topped with hot milk	£2.50
<b>Flavoured Latte</b> a shot of flavoured syrup (hazelnut,caramel,vanilla) a shot of espresso, topped with hot milk	£2.60
<b>Filter Coffee</b>	£1.70
<b>Decaffeinated Coffee</b>	£1.70
<b>Hot Chocolate</b>	£2.20
<b>English Tea &amp; Fruit Teas</b>	£1.70

# COLCHESTER INNS

Recruiting Sergeant, Norwich Road, Horstead, Norwich NR12 7EE  
Tel: 01603 737077 [www.recruitingsergeant.co.uk](http://www.recruitingsergeant.co.uk)

# RESIDENTS BREAKFAST MENU

served 7.30am to 10.00am

ENGLISH TEA

SELECTION OF FRUIT TEAS

FRESHLY BREWED COFFEE

SELECTION OF FRUIT JUICES

CEREALS

PORRIDGE served with fresh cream

or

FULL ENGLISH

Eggs, sausage, bacon, hash browns,  
black pudding, tomato and mushrooms

or

EGGS BENEDICT, ROYALE OR FUNGI

or

POACHED HADDOCK and POACHED EGGS

or

SMOKED SALMON & SCRAMBLED EGGS

or

LOCAL KIPPERS

or

OMELETTE: Plain, ham, cheese, or mushroom

or

SCRAMBLED or POACHED EGGS ON TOAST

or

FRUIT PLATE

TOAST BASKET with butter & preserve

## **FOOD ALLERGIES & INTOLERANCES**

All of our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are prepared and our menu descriptions do not include all ingredients.

Please ask a member of staff if you require assistance.

# COLCHESTER INNS

Recruiting Sergeant, Norwich Road, Horstead, Norwich NR12 7EE  
Tel: 01603 737077 [www.recruitingsergeant.co.uk](http://www.recruitingsergeant.co.uk)