



FOREST PARK

COUNTRY HOTEL & INN

HOT DRINKS

Red Garage New Forest Roast Coffee (Regular/Decaf)
Cadbury's Hot Chocolate or selection of Ringtons Teas

Milk Selection

Semi Skimmed/Soy/Almond/
Coconut/Oat

JUICES

Fresh Orange Juice
Fresh Cloudy Apple
Strawberry
Hydration Multivitamin

YOGHURTS

Choose from one of our live Longley Farm Yoghurts

Strawberry
Natural
Hazelnut
Blackcurrant

MERRY MORNING (supplement applies)

Black Cow Bloody Mary 10
Orange Moët Mimosas 10
Mango Moët Bellini 10
Moët & Chandon Champagne 9
Brook Hill New Forest
Sparkling Wine 7

FOREST BREAKFAST

Good Morning, today is the start of a great day

Please choose your drink and food items and order together with your server. There is no Buffet service at this current time.

Breakfast is served in FOUR SITTINGS to avoid crowding

Monday to Friday - 7.30-8.00/8.00-8.30/8.45-9.15/9.30-9.45

Weekend and Bank Holiday- 8-8.30/8.30-9.00/9.15-9.45/9.45-10.00

Please book with reception the day before.

OUR FOOD IS PREPARED TO ORDER, DURING PEAK PERIODS 9-10AM THERE MAY BE WAIT TIMES FOR HOT FOOD

Full Breakfast **16.00** pp / Continental Breakfast **11.00**pp

HEALTHY BOWLS

Fresh Fruit Bowl - water melon, honeydew melon, pineapple, New Forest berries

Forest Park Bowl - organic New Forest honey, banana, granola, seeds, natural Longley farm yoghurt

Stewed Prunes in juice

Porridge Oats - cooked oats with milk, organic New Forest honey,

Coconut Porridge Oats (VG)

CEREALS

Kellogg's Cornflakes - available gluten free

Kellogg's Rice Krispies

Kellogg's Special K - available gluten free

Kellogg's Bran Flakes

Weetabix - available gluten free

Muesli - available gluten free

Granola - available gluten free

CONTINENTAL

1. **PROTEIN** - Sliced Brie, sliced York ham, cured local ham, olive oil, white or brown sourdough toast, sliced tomato

2. **CARBS** - Baked croissant, granary toast, New Forest preserves, strawberry, seasonal guest jam & local hive honey, fresh fruit

3. **AMERICAN** - Three stack buttermilk pancakes with maple syrup and blueberries or banana

If you have any food intolerances, allergies or special diets please ask a member of the team and inform them of your requirements. Whilst we do everything to avoid cross contamination, we cannot guarantee our food is completely free of allergens and may contain trace.

ENGLISH BREAKFAST (not included in Continental Breakfast)

Full English - Crow Farm of Ringwood grilled pork sausage, smoked bacon, grilled tomato, fresh mushrooms, baked beans, hash brown and fried Fluffets free range egg (or poached/ scrambled)

Small English - Crow Farm of Ringwood grilled pork sausage, smoked bacon, grilled tomato and fried Fluffets free range egg (or poached/scrambled)

Eggs on Toast - Fluffets free range eggs on brown or white toast, poached or scrambled

Breakfast Bap - Brioche bun, fried Fluffets free range egg, bacon, Crow Farm of Ringwood pork sausage

Vegetarian - Grilled sliced halloumi, grilled tomato, mushrooms, hash brown, sliced avocado and your choice of Fluffets free range egg

Vegan - Sliced avocado, grilled tomato, fresh mushrooms, 2 hash brown, baked beans

Brown or White toast available - salted butter or flora available Ketchup or Brown Sauce available

A LA CARTE ITEMS (5.00 supplement charge)

Scottish Smoked Salmon

Toasted bagel, capers, red onion, cream cheese

Eggs Benedict

Ham, English muffin, poached egg, hollandaise

Eggs Royale

Smoked salmon, English muffin, poached egg, hollandaise

Eggs Florentine

Spinach, English muffin, poached egg, hollandaise

SIDES

New Forest Naked Jam - strawberry, marmalade, seasonal fruit

New Forest Noble Bee Raw Honey

Granary or White Sliced Sourdough Bread

Croissant (plain, raisin, chocolate)

Toasted Bagel

Brown or White Sliced Toast - salted butter or Flora available

If your planning dining with us for Lunch or Dinner, we would recommend reservations due to limited table availability

Have a wonderful day with us in the New Forest National Park