

The Alma Inn

Laneshawbridge

BREAKFAST

OMELETTE

[GF] [V] | 7.50 *602 kcal*

Cheese and Herbs, Grilled Tomato and Watercress

SMOKED SALMON

[GFO] | 9.50 *669 kcal*

Toasted English Muffin and Scrambled Egg

BREAKFAST MUFFIN

[GFO] | 6.50 *210 kcal*

Choice of two fillings;

Bacon *189 kcal*, Sausage *227 kcal*, Egg [V] *94 kcal*, Tomato [VE] *49 kcal*,
Mushroom [VE] *10 kcal*

AVOCADO

[GFO] [VEO] | 8.95 *368 kcal*

Poached Eggs on Toasted Sourdough, Rocket and Chilli Flakes

EGGS BENEDICT

[GFO] | 9.95

Poached Eggs, Hollandaise, Toasted Muffin with choice of
Smoked Salmon *717 kcal*, Bacon *894 kcal* or Spinach [V] *625 kcal*

FULL ENGLISH BREAKFAST

[GFO] | 11.95 *1071 kcal*

Bacon, Cumberland Sausage, Free-Range Eggs, Black Pudding,
Hash Brown, Grilled Tomato, Mushroom, Beans and Toast

FULL VEGGIE BREAKFAST

[GFO] [VEO] | 9.95 *466 kcal*

Field Mushrooms, Avocado, Free-Range Eggs, Hash Brown,