

## Breakfast foods normally available and cooked on our AGA

You will be invited to sit in the Sunroom with us, enjoying Shortbread Biscuits or Cakes when you arrive, together with a beverage of your choice to refresh you as we go take your personal breakfast order.

Members of the Woodhall Spa Country Market make the all-butter biscuits and some cakes for us. On the beverage trolley in your room, you will find a couple more of these biscuits in a tin, plus an extensive selection of teas, coffee and other beverages. The fresh milk of your choice will be in your fridge, and bottled water will be left on each bedside table even though all cold-water taps in the house are on the mains supply and drinkable. As this mains water is hard, we provide a filter jug in each room so that you can make tastier cups of tea.

### Cereals

There will be more than a dozen different cereals to choose from, including Cornflakes, Wheatbix, Muesli, Alpen and Bran Flakes, plus homemade porridge, using oats from the windmills in Boston.



### Milk

Skimmed, semi skimmed and full cream milk is available from Alan Harvey, our next-door neighbour and local dairy farmer. We also use Cravendale milk, which uses a finer filtering system in production thus removing more bacteria and therefore tasting fresher and keeping longer. Goat's milk can be provided if pre ordered, so can sterilized and UHT.

### Fruit Juices

We serve Orange, Grapefruit, Apple, Orange & Mango, Pineapple, Cranberry and Tomato. The orange is usually freshly squeezed juice and not from concentrates.

### Yoghurt

Mostly Yeo Valley Organic and Danone Bio varieties are offered.



### Walnuts

They come from our own tree in the garden and are totally organic.



### Fresh Fruit Platter

We offer a fresh fruit platter, which is made up of seasonally available fruits, presented in a decorative form. Whenever possible the berries will be freshly picked from our garden where we grow, using organic methods, strawberries, red, white and black currants, blackberries, raspberries plus blue berries for the first time in 2007. Apples, pears, damsons and even peaches are also home grown, but the Fairtrade banana, kiwi, mango and pineapple, is purchased from local retailers: Mainly the Co-op, Budgens, Waitrose & Tesco.

## Breads for you to use to make your own toast, as you want it.

Sliced white and brown loaves: Hovis Sunflower Granary, Warburton's Stone Ground Wholemeal, Seeded Batch and white Toastie. Also, home-baked bread is available if requested the night before (very nice but not very suitable for toasting).

### Alternative Fish Based Breakfasts

Smoked salmon slices on toasted bread or English muffins served with scrambled or poached eggs; smoked haddock fillet with poached egg; or Waitrose's vacuum packed Kipper fillets.

## **Lincolnshire Pork and Sage Sausages and other Sausages.**

Our famous "Lincolnshire" sausages are delivered weekly from Grasmere Farm in Deeping St James or come from Roger Papworth in Woodhall Spa, a Tastes of Lincolnshire butcher, who also makes his own sausages. Other types of sausages, including gluten free and non-pork, will be sourced locally to fulfil special dietary requirements.

## **Back Bacon**

This is also from Grasmere Farm, Roger Papworth or the Co-op.

## **Mushrooms**

Our fungi are delivered weekly by Woodland Organic Farm, or come from the Woodhall Spa shops, Waitrose or Tesco.

## **Vine Tomatoes**

These are homegrown in season, otherwise they are locally sourced.

## **Sauté Potatoes**

These will be home grown or from local neighbouring farmers and smallholdings.

## **Hash Browns.**

We select McCann's frozen variety, which are produced in the EU, using corn oil.

## **Fried Bread**

Slices of white bread are lightly smeared with our own dripping before being seared.

## **Black Pudding.**

Our very popular, herby variety is made at Grasmere Farm.

## **Eggs**

John Lawson, our gardener from neighbouring Stixwold, has free-range hens and delivers to us most days.

## **Baked Beans**

Heinz.

## **Teas for you to select from**

PG Tips, also many Twinings teas including Earl Grey, Lady Grey, Green, Assam, Traditional English, plus speciality and fruit teas including Orange and Mango, Lemon and Ginger, Blackcurrant Ginseng and Vanilla, Peppermint, Camomile, Cranberry, Raspberry and Elderflower, plus decaffeinated varieties.



## **Coffee**

Freshly ground beans are usually used for the coffee that is served in a cafetiere. We favour beans from Fair-Trade and Lincoln and York. We also stock decaffeinated and instant varieties.

## **Preserves and Honey**

Usually eight types to choose from, which either come from our Woodhall Spa Country Market or are home made. Examples: orange, orange & ginger, orange & lemon, and triple concerto marmalades, plus josterberry, blackberry, damson, strawberry, raspberry and apricot jams, and berry jellies. Our two sorts of honey are from local beekeeper David Helliwell, a near neighbour, and now Tony has his own hive at the bottom of the garden.

## **Spreads Condiments and Seasonings**

We use butter and Mazola Corn Oil produced by Bestfoods Ltd when cooking. Lurpak spreadable butter, Bertolli (Olivio) spread and Flora pro-activ spreads are all available for you to select from. Heinz Tomato Ketchup, HP Brown Sauce, and grinders containing coarse sea salt and black peppercorns are presented too.