



Breakfast Menu

Breakfast is served in the tearooms between 8am and 9am.
Please come down when you are ready...

Orange juice or other fruit juices (*organic when available*); fresh fruit salad (*organic when available*)

Selection of organic cereals; organic porridge served with dark brown sugar,
Golden Syrup, home-made jam or Yorkshire heather honey (*from Malton*)

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FULL ENGLISH

Sausage, bacon, fried egg, mushrooms and tomato
(*with bacon and sausage from Anna's Happy Trotters in East Yorkshire and free-range eggs from Church Farm at Hubberholme or a Skipton family small-holding*)

VEGETARIAN ENGLISH

Vegetarian sausage, fried egg, hash brown, mushrooms and tomato
(*with free-range eggs from Church Farm at Hubberholme or a Skipton family small-holding*)

POACHED EGGS OR SCRAMBLED EGGS ON TOAST

(*with free-range eggs from Church Farm at Hubberholme or a Skipton family small-holding*)

HOME-MADE BAKED BEANS ON TOAST

(*made from a mixture of different beans in a tomato sauce with no added salt or sugar*)

YORKSHIRE CONTINENTAL

A selection of Yorkshire cheeses with home-made cheese scone and fresh fruit (*organic when available*)

YORKSHIRE DALES GRANOLA

A bowl of exquisite granola from Yockenthwaite Farm in Langstrothdale, made with freshly milled and toasted wholegrain oats and wheat with almonds, walnuts and peanuts. Served with natural yoghurt and Yorkshire heather honey (*from Malton*)

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Brown organic toast with marmalade (*from Bracken Hill Fine Foods of York*), home-made jam and Yorkshire heather honey (*from Malton*)

Fairtrade tea or Fairtrade coffee (*decaffeinated and other options also available*)

Packed Lunches



Lunch is served, wherever you want...

If you would like a packed lunch for your walk, please let us know the night before
A standard packed lunch costs £5.20 and contains...

A round of sandwiches
(choice of Yorkshire farm ham, Bolton Abbey or Buckden beef, Hawes Wensleydale cheese,
rod and line-caught tuna with mayonnaise, or Hubberholme/Skipton eggs with mayonnaise
and black pepper, as available)

Home-made fruit scone, spread with butter and home-made jam

Your choice of home-made cake from the cake cabinet (we recommend cakes that will travel well)

Apple, orange or other piece of organic fruit

If you would like a larger (or smaller) packed lunch or have any special requirements, please tell us.
We can also fill up your flask with tea or coffee (no charge)

*All our cakes, scones and pastries are home-made here at West Winds using vegetable and dairy products only
We do our best to use local (including home-grown), organic, in-season and Fairtrade produce whenever possible*

*Our food may contain nuts, gluten, dairy products or other allergens; please do not hesitate to ask
for dietary advice*

For a healthier option, please ask for vegetable spread instead of butter

*Please note that use of specific ingredients for our dishes is inevitably subject to availability and sometimes we
need to substitute alternatives; we will let you know when you order if the origin of ingredients differs from that
indicated on the menu*
