



Breakfast Menu

Breakfast is normally served in the tearooms between 8am and 9am. Please order your main choice the night before...

Yorkshire apple juice (*from Wilberfoss near York*); organic orange juice; organic fresh fruit salad

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

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FULL ENGLISH

Sausage, bacon, fried egg, mushrooms and tomato

(*with bacon from Bolton Park Farm at Bolton Abbey, sausages from Jackson's of Cracoe and free-range eggs from Church Farm at Hubberholme or a Skipton 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 small-holding*)

POACHED EGGS OR SCRAMBLED EGGS ON TOAST

(*with free-range eggs from Church Farm at Hubberholme or a Skipton 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 haverbread (*traditional Dales oatbread*) and fresh organic fruit

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 honey (*from Malton*)

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Brown toast with marmalade (*from Raydale*), home-made jam and Yorkshire honey (*from Malton*)

Fairtrade tea or organic Fairtrade coffee (*decaffeinated, fruit and herbal options also available*)

Packed Lunches



Lunch is served, wherever you want...

If you would like a packed lunch for the following day,
please let us know when you order your breakfast choice

A packed lunch costs £5.20 and contains...

A round of sandwiches

*(choice of Bolton Abbey farm ham, Bolton Abbey or Buckden farm beef, Hawes Wensleydale cheese,
Maldive Islands tuna with mayonnaise, or Hubberholme/Skipton eggs with mayonnaise and black pepper,
as available)*

Home-made buttered scone, spread with home-made jam

Your choice of home-made cake from the cake cabinet

Apple, orange or other piece of organic fruit

If you would like a larger (or smaller) packed lunch, 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 wherever 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 low-fat 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*
