

RAGDALE HALL

a dedicated **SPA** like no other



BREAKFAST MENU

We would appreciate you completing and returning this menu to main reception by **5.00pm**

We are delighted to offer all our guests the luxury of room service breakfast and would ask you to choose from our comprehensive menu of healthy and energising dishes. Please indicate your preferred time below. See our allergy statement on rear of menu.

Please ✓

Your breakfast will be delivered to your room at the leisurely time of 8.00 to 8.30 am

For those who prefer an early start, we can deliver to your room at 7.30 to 7.45 am

Please leave the tray outside your room for collection

A later option is served in the Verandah Bar between 9.00 and 9.30 am

Name			
Room No.		Date:	

Please ensure you have selected a time and location for breakfast on the front

Set Breakfasts

If required, simply select one of our set breakfasts

DAIRY FREE/VEGAN OPTION

- ◆ Fruits of the forest Atholl Brose (toasted oats, soya yoghurt and fruits of the forest) (T)
- ◆ Fruit croissant (🌾)(T)
- ◆ Butterbean, chickpea, tomato, vegan mozzarella bake

Please also choose fruit, cold and hot drink

WHEAT/GLUTEN FREE OPTION

- ◆ Fruits of the forest Atholl Brose (toasted oats, soya yoghurt and fruits of the forest) (T)
- ◆ Gluten free pancakes with raspberry compote (T)
- ◆ Smoked bacon, potato, egg, mozzarella and spinach bake (🌾)

Please also choose fruit, cold and hot drink

Alternatively, please select from each of the following sections:

COLD DRINKS - Please select one item

- Orange juice
- Cranberry juice
- Grapefruit juice
- Tomato juice
- Orange, mango, rosehip and goji berry smoothie

DAIRY AND GLUTEN FREE

- ◆ Fruits of the forest Atholl Brose (toasted oats, soya yoghurt and fruits of the forest) (T)
- ◆ Butterbean, chickpea, tomato, vegan mozzarella bake
- ◆ Gluten free pancakes with raspberry compote (T)

CEREALS AND DAIRY - Please select one item

- Instant porridge with berry compote (🌾)
- Bran flakes (T) (🌾)
- Muesli (🌾🌾)
- Weetabix (T) (🌾)
- Bircher muesli (🌾🌾🌾)
- Special K (T) (🌾)
- Wheat free muesli (🌾)
- Vegan apple and cinnamon instant porridge (🌾)

Milk choice:

- Semi skimmed (🌾)
- Skimmed (🌾)
- Soya
- Lactose free (🌾)
- Oat milk (🌾)
- Atholl Brose - toasted oats, honey, yoghurt and raspberries (T) (🌾🌾)
- Blackberry vanilla yogurt and granola parfait (🌾🌾)
- Low fat natural yoghurt (🌾)
- Low fat fruit yoghurt (🌾)
- Fruit soya yoghurt

FRUITS - Please select one item

- Trio of melon Banana Apple
- Water melon Pink grapefruit segments
- Orange Apple and berry compote






BAKERY AND PROTEIN - Please select one or two items

- Rustic brown roll (T)  Dairy and gluten free bread (T)
- Croissant (T)   Selection of Mini Danish pastries   
- Orange and candied fruit muffin  (T)
- Wholemeal banana and vanilla loaf (T)  






With choice of:

- Strawberry jam Marmalade Honey Dairy free spread
- Marmite  Lemon curd  Maple syrup

Hot selection:

- American-style pancake with raspberry compote (T)  
- Smoked bacon, potato, egg, mozzarella and spinach bake 
- Butterbean, chickpea, tomato and vegan mozzarella bake
- Naturally smoked haddock, leek and egg bake  

Cold selection:

- Ham, tomato, egg and cottage cheese platter 
- Butternut squash and feta muffin (T)  
- Smoked salmon and rye bread with crème fraiche (T)  

HOT DRINKS - Please select one item

- Cafetiere coffee Decaffeinated coffee Hot chocolate
- Breakfast tea Decaffeinated tea Earl Grey tea
- Mixed fruit tea Hot water with lemon Green tea

FOOD INTOLERANCE SYMBOLS

(T) - May contain traces of nuts  - Contains dairy

 - Contains wheat  - Contains nuts

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Information on the fourteen major food allergens is available on request. Some allergens may be listed on our menus, but if you have any questions about the presence of food allergens, please ask before ordering.

We take allergies seriously and we endeavour to assist where possible. However, it is ultimately your responsibility to ensure that your food choices are suitable for your personal consumption.