



★★★★★
THE OLD GOVERNMENT HOUSE
HOTEL & SPA



GOOD MORNING....

THE CONTINENTAL SELECTION FROM OUR BUFFET

with freshly ground cafetière coffee or tea

£12.50

CHILLED AND FRESH FRUIT JUICE

cranberry, apple, orange and tomato (G,V,L)

FRUIT

selection of fresh and poached fruit (G,V,L)

SELECTION OF CEREAL

muesli, cornflakes, Bran Flakes, Rice Krispies,
Special-K and Weetabix (V)

YOGHURT

natural Greek and a selection
of fruit yoghurts (G,V)

COLD MEAT

Milano salami, Parma ham,
garlic sausage and chorizo (L)

CHEESE

Guernsey smoked applewood,
Stilton and Camembert (G,V)

BAKER'S STAND

a selection of pastries, and bread
served with homemade preserves (V)

HEALTHY JUICES

£4.00

STRESS DOWN

carrot, celery and ginger
Fat:5g, Carbs:33g, Protein:1g (175 kcal)

THE MIGHTY

cucumber, kale, broccoli, spinach and lemon
Fat:6g, Carbs:33g, Protein:8g (151 kcal)

HEARTBEAT

beetroot, banana, pineapple and apple
Fat:10g, Carbs:44g, Protein:2g (276 kcal)

YOUNG BLOOD

celery, lemon and apple
Fat5g, Carbs:34g, Protein:0g (177 kcal)

MOO-DY MARY

£7.00

The perfect Bloody Mary made using
Black Cow Vodka, pure milk vodka from
Beaminster, Dorset

SPECIALITY COFFEE

ESPRESSO	£2.00
DOUBLE ESPRESSO	£3.00
CAPPUCCINO	£3.50
LATTE	£3.50

WHY NOT TREAT YOURSELF TO A GLASS CHAMPAGNE?

£12.00



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THE OLD GOVERNMENT HOUSE
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THE HOT AND HEALTHY SELECTION

with freshly ground cafetière coffee or tea
£16.00

FULL ENGLISH BREAKFAST

fried (G,L), boiled (G,L), poached (G,L),
or scrambled eggs (G)
grilled back bacon (G,L), pork sausage (L),
sautéed mushrooms (G,V)
grilled tomato (G,L,V), black pudding

VEGETARIAN BREAKFAST

grilled mushroom, tomato, spinach, baked black
beans, sweet potato Rösti, eggs (L,G,V)

EGGS ROYALE

poached eggs, smoked salmon and hollandaise
sauce served on an English muffin (V)

EGGS BENEDICT

poached eggs, smoked ham and hollandaise sauce
served on an English muffin

TWO BOILED EGGS

With Marmite soldiers (L,V)

POACHED EGGS ON TOAST (L,V)

SCRAMBLED EGGS

plain or with smoked salmon (G,V)

OMELETTES

with your choice of filling (G)

OAK SMOKED KIPPER

with a lemon and herb butter (G)

SCOTTISH PORRIDGE

with milk and muscovado sugar (V)

START THE DAY THE HEALTHY WAY!

HOMEMADE BUCKWHEAT GRANOLA

organic oats, hazelnuts, coconut,
super seed mix, Greek yoghurt (G,V)

QUINOA SUPER BOWL

pomegranate, goats' cheese, mint,
beetroot, poached egg (G,V)

SMOKED HADDOCK KEDGEREE

brown rice, coriander, chilli, garden peas, egg (G,)

BUTTERNUT SQUASH PANCAKES

feta cheese, roasted tomato,
pumpkin seeds (V)

CRUSHED AVOCADO

granary toast, tomato, balsamic vinegar,
poached egg (L,V)

SMOKED SALMON

wilted spinach, wholegrain toast,
scrambled egg (L,V)

ALL OUR EGGS ARE FREE RANGE AND ARE FROM CASTEL FARM IN THE PARISH OF ST ANDREWS, GUERNSEY

(V) DENOTES ITEM IS SUITABLE FOR VEGETARIANS - (G) DENOTES ITEM IS GLUTEN FREE - (L) DENOTES ITEM IS LACTOSE FREE

IF YOUR BREAKFAST TIME IS LIMITED AND YOU REQUIRE RAPID SERVICE PLEASE LET US KNOW