

# Cooked Breakfast Menu

**We ask that you pre order your breakfast by 9pm the night before. Breakfast can be ordered in the morning but only continental options will be on offer.**

## Large Full English Breakfast (A small option is available with 1 of everything)

*2 x Cumberland Sausage, 2 x Rindless Back Bacon, 2 x Hash Brown, Baked Beans, Fresh Tomato, Mushrooms, Locally Farmed Free Range Egg (Choice of Fried, Scrambled or Poached).*

*Bury Black Pudding or Fried Bread Also Available Upon Request.*



**3358** gCO<sub>2</sub>e per serving



**2317** gCO<sub>2</sub>e per serving

Large Full English

Small Full English

## Vegetarian English Breakfast

*Richmond vegetarian Sausage, Hash Brown, Baked Beans, Fresh Tomato, Mushroom, Locally Farmed Free-Range Egg (Choice of Fried, Scrambled or Poached).*

*Fried Bread Also Available Upon Request.*



**1215** gCO<sub>2</sub>e per serving

## Omelette

*3 Locally Farmed Free-Range Eggs with a choice of fillings: Mushroom, Cheese, Tomato, Rindless Back Bacon, Sausage.*



**1144** gCO<sub>2</sub>e per serving



**3233** gCO<sub>2</sub>e per serving

Omelette, mushroom, tomato

Omelette, sausage, bacon, cheese

## Beans on Toast

*Beans on a choice of white or brown toast.*



**609** gCO<sub>2</sub>e per serving

## Sausage or Bacon Sandwich

*Cumberland Sausage or Rindless Back Bacon Served on a Choice of White or Wholemeal Toast.*



**1191** gCO<sub>2</sub>e per serving

*Sausage Sandwich*



**926** gCO<sub>2</sub>e per serving

*Bacon Sandwich*

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## Locally Farmed Free-Range Eggs and Toast

*A Choice of Scrambled, Poached or Fried Locally Farmed Free-Range Eggs Served With White/ Wholemeal Toast.*



**722** gCO<sub>2</sub>e per serving

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## Grilled Manx Kipper Fillets

*Grilled Manx Kipper Fillets in Lemon Juice Served with a Choice of White or Brown Toast and Butter.*



**760** gCO<sub>2</sub>e per serving

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## Smoked Haddock

*Smoked haddock in a butter sauce with a locally farmed free range poached egg and Fresh Cooked Tomato Served with a Choice of White or Brown Toast.*

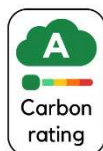


**1416** gCO<sub>2</sub>e per serving

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## Scottish Organic Porridge

*A Bowl of Piping Hot Creamy Scottish Organic Porridge.*



**434** gCO<sub>2</sub>e per serving

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## Vegan Breakfast Burger

*English muffin, large flat mushroom and home-made hash brown.*



**230** gCO<sub>2</sub>e per serving

## Home-made pancakes

Home-made pancakes made using local; flour, free-range eggs and milk.



**318** gCO<sub>2</sub>e per serving

**If you have any allergies or intolerances, please let us know before placing your order.**

**Thank You.**

### **Fun Carbon facts**

- Food production and consumption are responsible for around 30% of global carbon emissions (wrap.org.uk). This can be reduced by eating more sustainable low carbon choices.
- By swapping breakfast from a large Full English to a Vegetarian English Breakfast you will have saved roughly the same amount of carbon that would be produced by taking a return journey on the train from Southport to Liverpool.
- If you cut out a hamburger a week from your diet, after 12 months you would have saved 604kg of carbon which is around the same as a return flight to Spain.

### **How we're reducing the carbon footprint of our food**

Over the last 2 years we have been working to reduce our carbon footprint. One way we have done this is to join Gradians of Grub and food wastage reduction programme. We have committed to reducing our food wastage over the next 12 months by 20%, something we're well on track to achieve.

We have done this by splitting our food waste into the four categorised waste bins which are; preparation, spoilage, plate and other. We will then weigh and analyse how we can prevent this wastage. For every kg of food we prevent from entering landfill, on average we are saving the carbon equivalent of 3.39kg.

Where possible we source our food and ingredients from local farms which helps reduce out food miles and our carbon footprint. To see where our food comes from check out the supplier's page on our website. [Local Food Suppliers – Sunnyside Bed & Breakfast, Southport \(sunnysidesouthport.co.uk\)](http://sunnysidesouthport.co.uk)



Our Suppliers