

COLTON HOUSE

Breakfast Menu

Choice of Juices - Orange, Grapefruit, Apple* etc.

Choice of Cereals, Porridge, Plain/Fruit Yoghurts

Choice of Fresh Fruits

Choice of Fried Bread, Bacon*, Mushrooms,

Beans, Sausages, Tomato*, Black Pudding

Eggs*, - boiled, poached, scrambled, fried, or an omelette,

Egg Royale, Egg Benedict, Eggy Bread, Welsh/ Buck Rarebit

Kipper, Smoked Salmon, Haddock, Mackerel,

Choice of Oat Cakes*, Wholemeal or White Toast

Choice of Marmalades*, Honey*,

Jams*, Bovril* and Marmite* etc.

Choice of Teas, or Coffee

*** denotes locally produced**

*Food Allergies and Intolerances: Before you order your food and drinks,
please speak to us if you want to know about our ingredients*

Breakfast Suppliers

The eggs come from John Heritage, he rescued some battery chickens a while ago and has now built the flock up to be able to provide villagers with a constant supply of eggs. Please let us know if you would like to visit the hens which are kept about a mile away.

The marmalades and jams come people in the village, or from Diana Smith who runs a small business from her home in Stafford. Her products have won many taste awards; the majority of her fruit comes from within a 5 mile radius of her house. <http://www.jamtoday.biz/>

Bovril and Marmite are both made in Burton on Trent about 20 miles away. Bovril is a meat extract and has been produced for the last 150 years; it was originally produced to feed Napoleons' troops. <http://www.bovril.co.uk/>

Marmite as a product was set up in 1902 when it was discovered that the by-product of brewing beer had a use, the raw ingredient is brewers' yeast that has been used to ferment sugars into alcohol for Marston's Pedigree. <http://www.marmite.com/>

The sausages are supplied by Potters Pork Sausages in Walsall. They are a small family company who employ 11 local people; the business has been handed down from father to son.

The honey comes from our next door neighbour whenever possible; they are the white hives that you can see from our garden. If we have exceeded their supply it is Staffordshire honey from Pelsall a small village about 15 miles away. The apple juice is locally produced at Shugborough we use it in the morning for your breakfast it is available from us and also from haywood.parkfarm@btopenworld.com

Tomatoes and other fruit and vegetables when in season come from our garden.