

### \*Our Breakfast

At Catton Old Hall we source our breakfast ingredients based first and foremost on quality and as much and whenever possible from Norfolk's abundance of excellent local suppliers and producers. Using predominantly local and seasonal produce, we are able to support small local businesses and offer our guests the best regional food available which is also fresher having travelled the least possible distance to reach the breakfast table.

- Our succulent sausages and bacon come from Tavern Tasty Meats based at Swafield near North Walsham and who are Norfolk's only accredited rare breeds butcher and who supply the Sandringham Estate. All their meat is traceable and their plump and juicy sausages are made using 85% rare breed pork and natural pork casing. They say their 'sausages prove that meat can taste like it used to!' Of their pigs, they say they are fed a 'grain based diet which is drug free, also free of growth promoters and is low protein...Our pigs are fattened in straw filled yards in small groups with access to outdoors so that they can see the sky, feel the rain on their backs as well as the warmth of the sun.'
- The fish is supplied by long-established local fishmonger, Howard & Sons of Norwich.
- Our mushrooms are Waveney mushrooms who have mushroom farms all over Norfolk and Suffolk.
- Our eggs are free-range laid by happy hens from Wayland at Rookery Farm in Attleborough just south of Norwich.
- Our preserves are made by Norfolk Preserves bought from our local farm shop HFG at Beeston St Andrew but we do have breakfast favourites such as Cooper's Oxford Marmalade available for our guests with some homemade jams and marmalades.
- Seasonal fruit is offered whenever possible grown by local growers, such as delicious Norfolk strawberries or raspberries and blueberries from our garden.

If you have an early start  
a Continental Breakfast can be pre-ordered and  
settlement of account can be arranged the evening before

**We do hope you have enjoyed your stay  
If you didn't please let us know  
If you did please tell your friends**

'When you wake up in the morning, Pooh,' said Piglet at last,  
'what's the first thing you say to yourself?'

'What's for breakfast?' said Pooh.

'What do you say, Piglet?' 'I say, I wonder what's going to happen  
exciting today?' said Piglet.

Pooh nodded thoughtfully. 'It's the same thing,' he said.

A. A. MILNE

## CATTON OLD HALL

### BREAKFAST MENU\*

'To eat well in England,  
you should have breakfast  
three times a day.'  
W. SOMERSET MAUGHAM

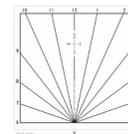


Breakfast is served in the dining room

## Good Morning!

**Breakfast is available between:  
8am to 9am Monday to Friday  
9.00am to 10.00am Saturday, Sunday  
& Bank Holidays**

(outside of these times by special prior arrangement)



"Life...has few pleasanter prospects than a neatly arranged and well-provisioned breakfast table."

NATHANIEL HAWTHORNE

**Please help yourself to:**

Fruit Juice  
(for Norfolk Apple Juice please ask)  
Selection of Fresh Fruit  
Prunes poached in Earl Grey Tea  
Assorted Cereals  
Yogurts  
Wholemeal or White Toast

**Porridge (V)**

(cooked to order—please allow extra 10 mins)  
with cream, honey, syrup or brown sugar

**Select From**

Freshly Brewed Fairtrade Columbian Coffee  
Fairtrade Kenyan Tea  
Earl Grey Tea  
Fruit & Herb Teas  
Decaffeinated tea available

Low fat spread available—please ask

**NB** We are happy to accommodate guests with special dietary needs with adequate prior notice

We cannot guarantee there are no traces of nuts in our breakfasts  
Items on this menu are subject to change according to availability

**The price of your room includes a Full English Breakfast but we do offer alternatives for pre-ordering the evening before**

**Freshly prepared and cooked to order:**

Please note we do not do fast food, but do good food as fast as we can

**The Catton Old Hall Full English Breakfast**

(bacon, pork sausage, fried egg, tomato, mushrooms & baked beans)

**Alternative Choices for Pre-ordering:**

**The Catton Old Hall Vegetarian Breakfast (V)**

(vegetarian sausage, fried egg, tomato, mushrooms & baked beans)

-or-

**The Catton Old Hall Scottish Warmer (V)**

porridge sprinkled with Demerara sugar, a spoonful of cream and a dash of Drambuie

-or-

'An egg is always an adventure.'

OSCAR WILDE

**Boiled or Poached Eggs (V)**

with toast

-or-

**Scrambled Eggs**

with or without Smoked Salmon

with toast

-or-

**Poached Smoked Haddock**

(naturally traditionally smoked)

with or without poached egg

-or-

**Salmon or Haddock Fishcakes**

-or-

**The Catton Old Hall Continental (V)**

a combination of croissants, pain au chocolat and/or muffins  
(as available)