

BREAKFAST MENU

What breakfast can we serve you to celebrate a new day?

We try not to waste food. Please make a choice the evening before, put a ✓ next to what you fancy, and circle the text where there are multiple options.

Name:

Time you would like breakfast:
(From 8.00am-10.00am)

Dietary requirements

Gluten-free Dairy-free Vegan Sugar-free Intolerancies/Allergies _____

Eggs-citing Breakfast

- Scrambled/Fried eggs on toast
- Boiled egg(s) with soldiers (Soft or Hard boiled)

Lut's Special: _____

Lut's Sweet Belgian Breakfast

- Belgian boterham (slice of bread with one topping):
- Home made jam
- Best Belgian chocospread
- Speculoos spread with banana
- Mouse shit ☺ (100's & 1000's)
- Lut's Special: _____

Belgian Holy Sunday Breakfast

- Croissant/Almond croissant
- Toasted tea cake with butter/jam
- Rolls with a selection of cheeses: dairy/vegan
- Koffiekoek (sweet pastry) big/mini's
- Fresh fruit salad/Piece of fruit

Bruce's Vegetarian Full English

- Eggs, Tomatoes, Mushrooms, Tofu
- Mix and Match from our 'Cereal Bar'; (cereals, granola, muesli, dried fruit, seeds)
- Porridge, plain or pick your flavour
- Eggs (fried, scrambled) tomatoes, mushrooms
- Toast and marmalade

Lut's and Bruce's Healthy Breakfast

- Lut's smoothie
- Bruce's green juice
- Yoghurt: dairy/vegan
- Buckwheat/Vegan pancake with apples/berries/banana...
- Banana split (fruit plate with cereals, nuts...)
- Slice of bread with Peanut/almond/cacao butter/Veggie spreads
- Lut's Special: _____

Drinks

- Fresh orange juice
- Warm lemonwater
- Milks: cow milk, almond milk, soya milk
- Lut's filter coffee: mild or very mild, decaffeinated
- Bruce's espresso machine coffee: strong or very strong
- Bambu coffee (organic coffee substitute)
- Builders' tea/Breakfast tea/Earl grey
- Lut's variety of loose/herbal/fruit teas
- Lut's fresh mint/sage tea

- Bread/rolls/ teacakes are home made and vegan
- Bread/rolls/pastries can be Gluten Free (please ask)
- Selection of GF cereals on our Cereal Bar

Night night and sweet breakfast dreams! ☺^{zzz} See you in the morning. ☺

