

THE
GEORGE
HOTEL & BEACH CLUB
Isle of Wight

THE GEORGE CONTINENTAL

Please help yourself to the buffet table

Freshly squeezed juices
Cereals & house seasonal granola with nuts, dried fruits & seeds
Freshly baked croissants, pain au chocolat & Danish pastries
Island Bakers sourdough & ciabatta with homemade preserves & lemon curd
Local & continental cheeses on the trolley
Honey roast ham, charcuterie & house chutney
Seasonal fruit compote with Greek yoghurt
Seasonal marinated fruits
Fresh fruit bowl

SOMETHING HEALTHIER

<i>The George's green juice blend</i>	£3.00
<i>The George's detox blend</i>	£3.75
<i>Acai smoothie bowl - seasonal fruit, granola & coconut</i> VE	£7.95
<i>Chai seed porridge - seasonal fruit compote & chai seeds</i> GF (VE available)	£7.25
<i>Eggs Cocotte - mushrooms, tomato, kale, pumpkin seeds & sourdough</i> DF	£10.00
<i>Citrus pancakes - coconut yoghurt, fruit compote & maple syrup</i> VE (GF available)	£7.95
<i>Breakfast bagel - Sesame bagel, avocado, poached eggs & sriracha</i> DF	£8.25

Breakfast is served from 8:00am-10.00am every day.

Continental breakfast £15

Cafetière coffee and a selection of teas included.

Continental breakfast and full English is included for guests staying in the hotel.

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FROM THE KITCHEN

<i>Pancakes</i>	
<i>Citrus pancakes with maple syrup</i> V (GF and VE available)	£6.00
<i>Citrus pancakes, grilled streaky bacon & maple syrup</i> (GF available)	£9.75
<i>Whisky glazed porridge</i>	£7.95
<i>Glazed with brown sugar & served with red fruits</i> V (VE and DF available)	
<i>Boiled eggs and soldiers</i> (GF available)	£7.25
<i>Bacon & fried egg open sandwich</i>	£8.75
<i>Grilled sourdough, free range egg & grilled streaky bacon</i> (GF available)	
<i>The George breakfast</i>	£15.00
<i>Pork sausage, grilled smoked back & streaky bacon, black & white pudding</i> <i>grilled field mushroom, IoW tomato, house baked beans, hash brown & free range egg</i> DF	
<i>Breakfast from the land</i>	£13.00
<i>Pan fried halloumi, hash brown, grilled field mushrooms, IoW tomato, avocado</i> <i>house beans & free range egg</i> V (GF and VE available)	
<i>Eggs Benedict</i>	£11.75
<i>Poached eggs, house ham on a toasted muffin with hollandaise sauce</i> (DF and GF available)	
<i>Eggs Royale</i>	£13.25
<i>Poached eggs, Severn & Wye smoked salmon on a toasted muffin</i> <i>with hollandaise sauce & dill</i> (DF and GF available)	
<i>Smoked salmon, scrambled eggs, chives & lemon</i> GF (DF available)	£11.25
<i>Severn & Wye grilled kipper</i>	£11.00
<i>Poached egg, lemon & parsley butter, capers & caper berries</i> GF	
<i>Breakfast Bagel</i> DF	£10.00
<i>Sesame bagel, poached eggs, smoked salmon, avocado & sriracha mayonnaise</i> DF	

Allergies & intolerances - please speak to a member of the team and they will be happy to inform you of the ingredients in each dish.

V = Vegetarian

VE = Vegan

GF = Gluten free

DF = Dairy free



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JOE'S TEA Co - £3.00

Ever-So- English Breakfast

Contains caffeine. Organic black tea from the heart of Ceylon; delicate, floral and refreshing

The Earl of Grey

Contains caffeine. Organic Ceylon black tea spruced up with oil of bergamot.

Jasmine's Green Glory

Contains caffeine. An organic floral fusion of jasmine green tea.

Whiter Than White

Contains caffeine. An organic and ultra-virtuous white tea blend.

Rest-Repeat Rooibos

Caffeine-free. A rich, smooth and full-bodied blend of organic rooibos.

Proper Peppermint

Caffeine-free. Pure and simple organic peppermint to refresh and mellow.

Feisty Turmeric Guru

Caffeine-free. Fired-up ginger awakens turmeric in this organic Sri Lankan blend.

St Clement's Lemon

Caffeine-free. A citrus sensation of organic lemongrass, ginger and orange peel.

COFFEE

<i>Americano</i>	£2.50	<i>Mocha</i>	£3.50
<i>Cafetière</i>	£3.75	<i>Espresso</i>	£2.00/£2.75
<i>Latte</i>	£3.00	<i>Macchiato</i>	£2.25
<i>Cappuccino</i>	£3.00	<i>Hot Chocolate</i>	£3.50



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BREAKFAST

