



# THE BELL INN

NEW FOREST

# BREAKFAST

Good morning.

Please help yourself from our selection of cereals, juices, pastries, Greek yogurt, dried and fresh fruit. For a healthy and tasty start to your day, why not try Ellie's seed and nut granola prepared in our pastry kitchen with gluten free oats.

## Prepared to order for you in our kitchen:

### Traditional porridge **GF**

made with your choice of milk, water, or soya milk

### The Bell Inn farmhouse breakfast

Swallowfield Farm's dry cured back bacon & pork sausage, grilled tomato, butter baked field mushroom, Heinz baked beans, hash brown and your choice of Fluffet's Farm free range eggs

Black pudding available upon request

### Hampshire cheese & ham plate **GF**

a selection of either Lyburn gold, Somerset brie, Isle of Wight soft or mature cheddar served with slices of The Bell Inn's homecooked gammon ham

### The Bell Inn vegetarian breakfast **V**

vegetarian sausages, grilled tomato, butter baked field mushroom, Heinz baked beans, hash browns and your choice of Fluffet's Farm free range eggs

### Grilled kippers **GF**

with parsley butter

### Oak smoked salmon **AGF**

on your choice of toast with scrambled Fluffet's Farm eggs



**V** VEGETARIAN   **GF** GLUTEN FREE   **AGF** AVAILABLE GLUTEN FREE

FOOD ALLERGIES: Some of our menu items contain nuts, seeds and other allergens. There is a small risk that tiny traces of these may be in any other dish or food served here. We understand the dangers to those with severe allergies. Please speak to a member of our team who will help you make an alternative choice.

# OUR FOOD STORY

*Proudly local and home-grown*

Our story starts in the heart of the New Forest, where our beloved coaching inn has been a part of my family since 1782. With an ancestral heritage dating back to the first official Verderer of the New Forest, our family is firmly entwined in this ancient landscape and as such, we're proudly local and home-grown.

With our strong connection to the forest, we love to support our community, so from land and sea, we use as many local producers and suppliers as possible. They provide most of our meat, fish, fruit and veg and for some, even their herds graze on our land. And with nature's larder on our doorstep, many ingredients will have been foraged or sourced from our family estates both here in the Forest and in Scotland. So you'll find our menu is made from many hands working collectively, proudly showcasing the countryside's food heritage and reflecting the freshest of what's available in season - a true taste of the forest.

Quite simply, to us, the Forest matters. Which is another reason why specific dishes make a small donation to the New Forest Trust; our way of helping to preserve and secure the future of our home. We hope you enjoy what we've lovingly cultivated and are very proud to share with you.

*Robert Crosthwaite Eyre and Family*

