

THE PLOUGH INN



Breakfast Menu

We have a choice of:

Fruit juice – Orange

Cereal – Cornflakes, Weetabix, Rice Krispies, Muesli (gf)

Yoghurt – Plain Greek 0%, Regular and Low-Fat Fruit, Soya

Fresh fruit

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**Tea**

Breakfast, Earl Grey, Chamomile, Peppermint

**Coffee**

Freshly Ground Beans or Decaffeinated

**Hot Chocolate**

The milk is organic semi-skimmed. Please ask if you would prefer organic full fat or soya.

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Toast

Wholemeal, White or Gluten-Free

If you would like jam, curd, marmalade, peanut butter, Marmite or honey please ask.

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**Porridge topped with Berries** (v/gf)

**Bacon or Sausage Bap**

**On Toast** (v/gfo)

Eggs, scrambled or poached

Mushrooms and Baby Plum Tomatoes, pan-fried

**Scottish Breakfast**

Haggis, Black Pudding, Bacon, Sausage, Tattie Scone,  
Tomato, Mushroom, Egg (fried, scrambled or poached)

**Vegetarian Scottish Breakfast** (v)

Vegetarian Haggis, Halloumi Cheese, Vegetarian Sausage, Tattie Scone,  
Tomato, Mushroom, Egg (fried, scrambled or poached)

Please ask if you would like ketchup, brown or jerk sauce.

(v) vegetarian (vgn) vegan (gf) gluten free (gfo) gluten free option available

We cook to order so there is likely to be a wee wait.  
Please discuss any dietary requirements with us before ordering.