



## THE SAPHOS BREAKFAST

Triple Melon, Blueberry and Mint Compote,  
served with Natural Yoghurt, Honey and Seeded Granola

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Grilled Back Bacon, Cumberland Sausage, Stornoway Black Pudding, Griddled  
Flat Mushroom and Roasted Tomato with Freshfield Farm Scrambled Eggs

or

Loch Duart Smoked Salmon, Toasted English Muffin,  
Freshfield Farm Scrambled Eggs with a Chive Hollandaise

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Morning Bakery Basket  
Netherend Farm Salted Butter, Selection of Preserves and Honey

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Freshly Brewed Tea and Coffee

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Late Morning Offering  
Freshly Brewed Tea and Coffee  
Selection of Morning Danish Pastries



## DINNER

### Canapés

Cumbrian Air-Dried Ham & Roasted Balsamic and Glazed Appleby Cheese  
Summer Pod Vegetable Arancini, Herb Mayonnaise and Viola

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A Tasting of Morecambe Bay  
Mackerel, Shrimps and Sea Herbs & Lemon Curd

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Thristley Farm Duck Supreme and Confit Leg  
Pan Haggerty, Roasted Heritage Beets, Maple Carrot  
and Pickled Blackberry Jus

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The Great British Cheeseboard,  
served with Allen's Chutney and Artisan Biscuits

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Warm Treacle Tart, Grasmere Gingerbread, Stem Ginger Ice Cream

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Freshly Brewed Coffee  
Selection of Aballu Artisan Petits Fours