



**R&R**  
NAILS · HAIR · BEAUTY  
MASSAGE · TANNING · WAXING

**Never too late for  
some pampering**

Open 9am - 7pm Monday - Saturday  
9am - 5pm Sundays



[www.randrspa.co.uk](http://www.randrspa.co.uk)

Our Spa is located on the 1st Floor  
Please book your appointment at our  
main reception desk or call 300 from your room.



OPENING TIMES:  
7.30am - 9.30am

BREAKFAST MENU

*Please help yourself from our  
Breakfast Buffet Selection*

### CHILLED JUICES

Orange, Cranberry, Grapefruit, Apple Juice

### CEREALS

Cornflakes, Muesli, Weetabix, Alpen, Coco Pops

### FRUITS, COMPOTES & YOGHURTS

Hot Scottish Porridge Oats,  
Stewed Prunes, Grapefruit Segments,  
Natural Yoghurts, Fruit Yoghurts  
Fresh Fruit

### THE CONTINENTAL SELECTION

Selection of Continental Salami  
Sliced Baked Ham  
Sliced Cheeses  
Selection of Croissants  
Selection of Danish Pastries  
Assorted Muffins  
Brown or White Toast

### PRESERVES & SPREADS

Orange Marmalade, Strawberry Jam, Blackcurrant Jam  
Marmite, Chocolate Spread

### THE GRILL SELECTION

Grilled Bacon, Grilled Local Sausage, Grilled Tomato,  
Baked Beans, Sauté Mushrooms, Hash Brown  
and Eggs Just the way you like them  
*Boiled, poached, scrambled or fried*

### THE FISH SELECTION

Poached Smoked Kipper  
*Garnished with lemon*

Steamed Smoked Haddock  
*Garnished with lemon*

### VEGETARIAN BREAKFAST

Vegetable Sausage, Grilled Tomato, Sauté Mushrooms,  
Hash Brown and Baked Beans  
*Plus your choice of poached, scrambled or fried egg*

### THE HOUSE SPECIALITIES

2 Large Free Range Egg Omelette cooked to order  
*Served Plain, or with Sauté Mushrooms or West Country Cheddar*

Scrambled Eggs with Smoked Salmon Combo  
*Lightly toasted muffin, scrambled eggs topped with smoked salmon*

### TEAS & COFFEE

English Breakfast Tea, Decaffeinated Tea, Cafetiere Coffee,  
Decaffeinated Coffee, Earl Grey, Peppermint Tea and a Selection of Fruit Teas



**£15.00** per person **£12.50** children under 6