



Welcome to  
**South Lodge Guest House**  
19 The Vale, Broadstairs, Kent CT10 1RB, England  
tel: + 44 (0) 1843 600 478, mob: + 44 (0) 7984 177 577  
www.VisitSouthLodge.co.uk  
Info@VisitSouthLodge.co.uk



## **Breakfast**

### **Breakfast at South Lodge**

Breakfast is served in the dining room at the bottom of the stairs on the lower ground floor.

Normally served between 8:00 and 9:30 am. If you would like breakfast outside of these times please ask.

We offer a very special, filling and healthy continental Breakfast. The menu changes a little from day to day, but is from the selection below.



#### Beverages

- Freshly-ground filter coffee
- Decaffeinated coffee
- A variety of teas

Home made freshly squeezed fruit &/or vegetable juice or Smoothies

Fruit juices from Kent

Pro-biotic drink

Home made yoghurt

Porridge, made to order

Hard boiled eggs

Selection of cereals and muesli

Croissants

Home baked rye bread

White or granary bread and toast

White or granary bread rolls

Selection of cheeses

Selection of cold meats

Fresh seasonal fruit

Home made jam and selection of other jams

We are sure you will enjoy our healthy options breakfast, but if there is anything else you would like please let us know.



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### **Breakfast in your room\*\***

If you would prefer we offer breakfast in your room.

Please let us know the night before and we will leave your breakfast outside your room in an insulated container at a convenient time to yourself.

It will be from the range of choices on the main breakfast menu, but we will leave you to make your tea and/or coffee with the facilities in your room and at a time to suit yourself.

\*\* This is very popular for people who want to leave very early. They frequently take their breakfast with them to eat a little later.

### **Breakfast on the beach**

For those of you who would like to hear the sound of the waves with your early morning coffee or tea you can take your breakfast at Derek's café\* in Louisa Bay, 5 minutes walk from South Lodge.

They start serving at 9:00am and we have an arrangement with them for our guests to have breakfast in the bay instead of at South Lodge.

Let us know in advance and we will give you a note for Derek whereby you can enjoy a coffee, tea, breakfast or whatever you wish from his menu at no extra cost.

\* Derek's is open from Easter to mid September.