

# The Full English

Provides a sustained release of energy and nutrients to set you up for your busy day ahead.

- **Grilled Bacon**  
high in the proteins that our bodies use to grow muscles, hair and nails
- **Musk's Pork Sausage**  
tasty and grilled sausages to further boost your daily intake of protein and made in Newmarket
- **Eggs Fried | Poached or Scrambled** ✓  
provide a multitude of vitamins and protein to fully invigorate you
- **Baked Beans** ✓  
give a slow release of energy especially when combined with whole grains
- **Fried Bread** ✓  
it's scrumptious, sweet, and puts a crazy spell on anyone who craves it, but it's loaded with pesky calories
- **Hash Brown** ✓  
these shredded potatoes do have a lot of nutritional value as they are packed with vitamins and minerals
- **Mushrooms** ✓  
are High in Vitamin D, an excellent source of copper & phosphorus, high in selenium and a good source of B vitamins
- **Tomatoes** ✓  
zing yourself up with antioxidants from tomatoes
- **Black Pudding**  
does have some benefits. It's a source of protein, which can keep you feeling fuller for longer

# Creativity & Concentration

Tasty and provides essential nutrients for a slow release of energy to facilitate concentration so you can get focused and creative

- **Grilled Kippers**  
these little oily fish are full of omega 3 essential fats which are important for the brain
- **Eggs, Fried | Poached or Scrambled** ✓  
the nutrient choline found in eggs is essential for healthy brain function
- **Wholegrain Brown Toast** ✓  
provides a slow release of energy for better concentration and creative thinking

# Indulgence Breakfast

- **Eggs Benedict**  
a classic, contains healthy, protein-rich eggs, which are a great source of selenium and vitamin D. But the benefits of this traditional dish end there, thanks to the topping of ham and hollandaise sauce, but well worth the treat

# Beauty Breakfast

These items provide great nutrition to feed the skin and make you feel sparkly for a busy day ahead. Your appearance and energy levels have everything to do with what you put into your body!

- **Natural Yogurt** ✓  
nutritious and natural, yogurt doesn't contain harsh additives and is high in protein which can help repair skin
- **Pumpkin Seeds** ✓  
these healthy seeds are rich in vitamin A, zinc and good fats – all crucial for skin health
- **Dried Cranberries** ✓  
rich in antioxidant vitamin C needed for collagen synthesis
- **Fresh Fruit** ✓  
are an excellent source of essential vitamins and minerals, and they are high in fibre. Fruits also provide a wide range of health-boosting antioxidants, including flavonoids. Eating a diet high in fruits and vegetables can reduce several health issues
- **Whole Grain Cereal** ✓  
Alpen, Weetabix, Bran flakes or mix your own healthy wholegrain muesli to provide fibre to support digestion and flush out toxins

# Drink Suggestion

- **Moroccan Mint Tea**  
good for digestion which is important for healthy skin

# Stress Buster Breakfast

This delicious breakfast not only tastes great, but the nutritional profile could help you manage the stress of the day and calm your senses, helping you remain clear and focused.

- **Porridge** ✓  
rich in the calming amino acid tryptophan to keep you cool and in control
- **Banana Chips** ✓  
these are rich in vitamin A, zinc and good fats – all crucial for skin health
- **Almonds** ✓  
full of B complex vitamins to relax the nerves
- **Whole Grain Cereal** ✓  
rich in "nature's tranquiliser" magnesium and calcium which relax body and mind

# Drink Suggestion

- **Chai Tea**  
rich in antioxidants, good for your skin and reduces inflammation