



The Rumble Breakfast Menu

Breakfast is normally served Between

8:15am to 9:30am

**If you require an earlier start please
let us know**



Large Print Menu Available

About our Breakfast foods - A Taste of Scotland



Preserves

We use Perthshire Preserves of Callander (Iain & Kate) for our breakfast preserves; Strawberry Conserve & Orange or Seville Orange Marmalade. They use Scottish produce whenever possible and make everything themselves. We have a small stock of their products for sale.

Bacon, Black Pudding & Sausages

The bacon & black pudding are purchased from our local butcher, George Gow of Kingussie. The pork used is sourced from Inverness-shore outdoor reared pigs. The Organic pork sausages, including the Gluten free are from Peelham Farm Berwickshire, they rear their own free range pigs and make the sausages each week on the farm.

With these products we are guaranteed that they are preservative & additive free.

www.peelham.co.uk



Smoked Salmon

The smoked salmon we use is from Isle of Ewe Smokehouse at Aultbea, Wester Ross, which overlooks the actual Isle of Ewe. The Atlantic salmon is all sustainable and from the waters local to the smokehouse. The salmon is handcrafted and smoked in the wee smokehouse at Aultbea, the salmon has a very short journey from the water to the smokehouse. We're very pleased to be supporting another small business that like us cares about where their produce comes from, ensuring that we have full traceability on the products we purchase from them.

www.smokedbyewe.com



Breakfast Cheese Selection

The Cheese offered is always a selection of Scottish cheeses, usually organic ones from Connage Highland Dairy, Inverness. Please see the individual labels. www.connage.co.uk



Other Dairy

All our milk is Scottish and usually organic, and usually Grahams as is the unsalted butter that we use in cooking and provide in the butter pats.



Breakfast Bakery

Our Bread/Toast/English Muffins and other Breakfast bakery items are all home-made by Fiona using organic flour which we purchase from Highland Wholefoods Inverness

Eggs

We use eggs that are Scottish Free Range or Scottish Organic ones, often purchasing from our local butcher.



Taste our Best Award

The Rumble was awarded this Quality Mark in 2014.

The accreditation ensures that you will eat quality ingredients of Scottish provenance and the freshest seasonal produce.

Allergy & Intolerances Advice

Please let us know if you suffer from an food allergy or intolerance so we can ensure your food is ok for you.

Further detailed information is at the back or just ask.

Breakfast Menu

Buffet Selection

Please help yourself to our cold buffet selection....

We have Organic Cereals, Fresh Fruit or Fruit compote (sometimes both), Organic Yoghurt, Selection of Organic Fruit Juice and Scottish Cheeses & Oatcakes

Porridge is freshly made to order, just ask if you would like this

Our Cooked Selection

All our cooked dishes are made to order

Scrambled Eggs & Smoked Salmon- 3 eggs scrambled topped with Isle of Ewe smoked salmon served with a slice of lemon & twist of fresh black pepper.

Scrambled Eggs- Just 3 eggs simply scrambled (happy to reduce to 2)



Vegetarian Cooked Homemade Veggie Sausages x 2, oven warmed tomato, sautéed mushrooms, scrambled eggs (2) and organic baked beans



Eggs Benedict

Toasted Home-made English Muffin with Isle of Ewe Smoked Salmon, a Poached Egg & creamy Hollandaise sauce

Or

Replace the Smoked Salmon with 2 Rashers of Grilled Back Bacon



Poached Egg on Toast Or English Muffin

Just a poached egg on whole-meal toast or homemade English Muffin

Smoked Haddock & Poached Egg - Scottish MSC Smoked Haddock poached in milk & butter served with a poached egg

Rumble Highland Cooked- 2 rashers of grilled back bacon, grilled Organic pork sausage, black pudding, oven warmed tomato, sautéed mushrooms, with your choice of fried, poached or scrambled egg. We can add baked beans if you wish.

Rumble American style Pancakes

3 Pancakes stacked with butter & drizzled with Canadian maple syrup (V)



Or

3 Pancakes stacked with grilled bacon & drizzled with Canadian maple syrup

Beverage Lists

Fairtrade Medium Strong Roast Coffee

Fairtrade Decaffeinated Medium Roast Coffee

Clipper Fairtrade Organic English Breakfast Tea

Clipper Organic Earl Grey Tea

Clipper Organic Green Tea

Clipper Organic Decaffeinated Tea

Clipper Organic Lemon & Ginger

Clipper Organic Redbush Tea

Clipper Organic Chamomile Tea

Clipper Organic Peppermint

Clipper Organic Wild Berry



CLIPPER®
NATURAL, FAIR & DELICIOUS®





Allergy & Intolerances Advice

Please let us know if you suffer from an food allergy or intolerance so we can ensure your food is ok for you.

Hopefully the following advice on our breakfast menu will be of assistance

Gluten free bread available

Gluten & Wheat free organic porridge available

Gluten Free Sausages - (Peelham Farm Organic Pork) are available

Our selection of cereals always includes at least one that is gluten & wheat free, please see the details for each as there may be trace nuts, sesame seeds & soya in some.

Our home-made Vegetarian sausages contain gluten, egg & cheese (which is suitable for vegetarians)

Our standard breakfast pork sausages contain gluten

Black Pudding contains gluten

All standard home-made bread & bakery items contain gluten/wheat. Some also contain milk/dairy items & eggs.

Sauce for Eggs Benedict is Gluten Free and suitable for coeliacs & vegetarians but it does contain milk, eggs, mustard, sulphites & soya.

Benbecula Organic Oatcakes on the Cheese Selection are Wheat Free

Rumblie Pancakes contain Gluten

Smoked Haddock can be poached in Soya milk

Soya milk is always available so please ask