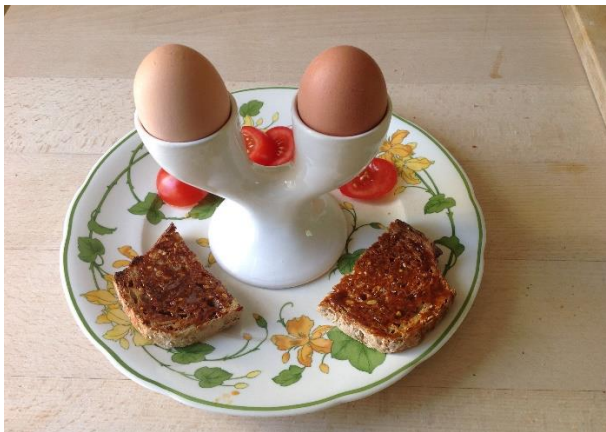


## EGGS



*Eggs are among the most nutritious foods on the planet, particularly as a great source of protein.*



Boiled eggs make such an easy and nutritious start to the day. Add marmite on crisp bread instead of salt.



Poached eggs on seeded whole meal with tomatoes.

'Burford Browns' have distinctive yellow yolks!



'English' breakfast of fried egg, bacon, mushrooms, tomato and baked beans.

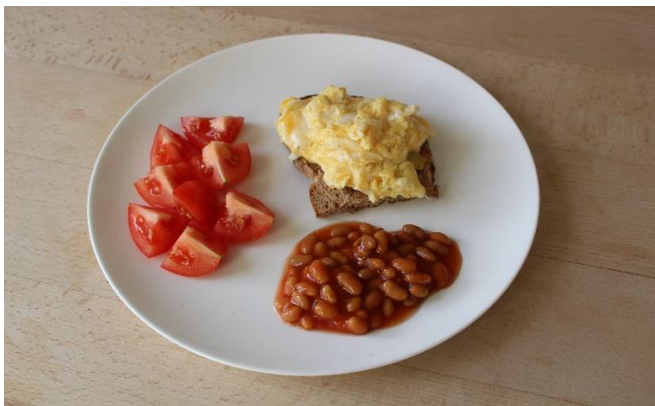
## EGGS



Scrambled egg on toasted sourdough with smoked salmon, tomatoes and lemon.



Poached egg and haddock with rocket and tomato.



Scrambled eggs and grated cheese on sourdough toast with tomatoes and baked beans.



Omelette on seeded whole meal toast with rocket and tomatoes.