

A British way to start the day



Some people say that breakfast is the most important meal of the day – and the British are not joking when it comes to the “meal” thing. The list of food is big, but the most common items are eggs, bacon, sausages, and bread, all fried or grilled with regional variants that may include mushrooms, pudding, beans, and beverages such as coffee or tea. If you are planning to visit the UK and are not familiar with the way its inhabitants usually begin the day, do not be surprised with the amount and variety of food in your plate, they are probably just trying to keep you energized for the day.

Source of the text: <https://www.historic-uk.com/CultureUK/Traditional-English-Breakfast/>

Further information:

1. 'A Complete Guide to Breakfast on the British Isles': <https://food52.com/blog/20840-a-complete-guide-to-breakfast-on-the-british-isles>
2. 'The 15 most British foods ever': <https://www.telegraph.co.uk/only-in-britain/the-15-most-british-foods-ever/full-english-breakfast/>

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