

Penny's vegetarian restaurant is one of the very few in Dorset you'll find serving a hearty breakfast at first light. It's a restaurant that offers food of a swaggering brilliance, which is not only clever and accomplished, but exemplary.

Singing on the premises is of course permitted, and encouraged; however, Penny doesn't expect Gregorian chant in order to get served first. She wants you to sample a vegetarian experience gracefully, in the generous comfort of her welcoming restaurant. And to leave replete, uplifted and ready to face another day on life's treadmill.

Whether you're on your own or with the family, breakfast has never been a meal to be rushed. In fact, it's a time to slowly savour fresh fruit salad, made from seasonably exotic fruit, and chewy-in-the-middle-flaky-on-the-outside croissants, pain au raisins and chocolatinés.

Home-made muesli conjured from vine fruits, pumpkin seeds, honey, pine nuts, grated apple, chopped bananas, oats (soaked overnight) and chopped almonds is a must.

As are soup bowls brimming with steaming pungent ground Columbian coffee, accompanied by jugs of tepid local organic milk.

MEAT UP FOR PENNY'S DAWN CHORUS

And polka-dot teapots constraining boiling water and the freshest blend of leaves, specially imported from Sri Lanka and the foothills of the Himalayas. Even try flavoursome jasmine, blackcurrant, green or herbal infusions for that cup of pick-me-up tea.

Moreish granary bread, orange and chocolate muffins, and pastries made on the premises from all that's finest in Denmark, adorn both of our distended buffet bars.

Valencia oranges or New Guinea grapefruit accompanied by ice, are juiced until chilled and frothy. And if a fulsome, spongy smoothie is what's required to kick-start the day, a selection of fruits, fibre and a mere smidgen of natural yoghurt will slide out of the blender tantalisingly pureed.

To cap it all, a slow meander through The Times for him, Country Life for the lady and a rummage through the toy box for the wee ones.

Our breakfast is the new lunch, so join us from 7:30 a.m. onwards for a velvety intake of morning glory. And depart when you feel you've had ample sufficiency; even if it's just as we're closing up for the day.

Penny's
OF WIMBORNE

Unusual, nutritious and utterly compelling vegetarian food.