



A REGENCY BREAKFAST

As you sit and eat your breakfast, cast your mind back 200 years to when this house was built.

What was breakfast like back in the days of the Regency?



BREAKFAST TIME

Breakfast was still the first meal of the day. You would eat it at 9 or 10 o'clock or even later. That might sound like a slow start, but you would have got up a few hours earlier.

If you were living here, or staying by the seaside for your health, you might use that time to write letters, or go for a walk or horse ride along the seafront. And if you wanted to go sea-bathing, this was the time doctors recommended – first thing in the morning, before eating. If you were a child, you might have to spend an hour learning your lessons on an empty stomach before being given your breakfast.

AT THE BREAKFAST TABLE

At home, it was normal for the family and any house guests to gather around the breakfast table at a set time. You would eat together in the breakfast parlour or in the dining room.

Gentlemen would sometimes breakfast early before a day's hunting. Ladies could opt to eat breakfast in their bedroom or dressing room.

If friends called, you could invite them to eat with you. Or you could go out to breakfast at a friend's home, a coffee shop or inn, or attend a public breakfast.



When travelling, you might complete a stage of your journey before stopping for breakfast at an inn. You would eat with other guests unless you were wealthy enough to hire a private parlour.

WHAT WOULD YOU EAT?

Your breakfast comprised bread and butter, served with marmalade or other preserves. You could choose toast or rolls, either hot or cold, and perhaps muffins.

If you wanted something more substantial, you could have an egg, or cold meats such as ham, tongue and pork.



Or you could opt for fish or potted shrimps, as you were by the sea. You would most probably drink tea or coffee, or possibly hot chocolate.

An urn provided water for hot drinks. This might be free-standing,

rest on a sideboard, or stand in the middle of the breakfast table with the tea and coffee pots.

DRESSED FOR BREAKFAST

Breakfast was the most informal meal of the day. Whilst you changed into your evening clothes for dinner, you didn't need to dress specially for breakfast. Your hair would be styled, and you would be dressed for the day ahead. You may even have been out already.

Unless, of course, you were formally invited to a breakfast, particularly if it was a masquerade. This was a type of morning entertainment, and you would dress for a party rather than for breakfast at home.