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## The UK's best breakfast hot spots revealed

The UK's truckers have broken years of silence and let the rest of us into one of their best-kept secrets - where to go to get the perfect fry-up.

Truckers up and down the country have cast their votes to reveal the UK's top five breakfast hot spots. Britons are known for their love of a full cooked breakfast and, thanks to our truckers, the rest of us can now enjoy the best the UK has to offer - and it's cafes in the north of Britain that are getting the vote:

The UK's top five cafés:

- Ballinluig Motor Grill, Ballinluig, Pitlochry, Scotland
- Cedar Café, Grantshouse, Berwickshire
- Pearl's Cabin Café, South Elmsall, Yorkshire
- The Super Sausage, Northampton
- Jungle Café, Addington, Maidstone, Kent

Truckers were persuaded to break their silence for National Truck Week (29 November - 3 December) which is the brainchild of Commercial Motor, the biggest-selling weekly magazine for Britain's road transport industry. The week will be used to highlight the crucial role that trucks play in our every day lives and aims to reverse the prevailing view that they are just a nuisance on the roads.

Andy Salter, editor of Commercial Motor, said: "If you're on the road and you're hungry, not many people know that the best thing to do is stop somewhere with a lot of trucks parked outside. With the amount of time they spend on the road these guys really do know the best places for breakfast. The great thing is that they have now let the rest of us into their secret."

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**Notes to editors**

Commercial Motor is the biggest selling weekly magazine for Britain's road transport industry. Firmly at the heart of the industry, it prides itself on being straight-talking and isn't afraid to tackle difficult issues. Whether it's providing in-depth business and legal advice, unbiased truck and van reviews, campaigning on its readers' behalf or getting the best deals through its "mystery shopper" series, Commercial Motor provides readers with all the information they'll ever need to run a successful road transport business.