

CONTINENTAL

£12

Your server will take your order for tea, coffee & or toast.

TEA & COFFEE

Freshly brewed tea · Fruit tea · Decaffeinated tea
Filter coffee · Decaffeinated coffee · Hot chocolate

BARISTA COFFEES

Barista coffees · Cafetiere coffees

Supplement of £2.00

FRESH TOAST

Brown toast 258 Kcal · White toast 242 Kcal

Gluten-free toast 226 Kcal

Additional jams and spreads available

Jams 90 Kcal · Marmalade 76 Kcal · Honey 90 Kcal

Marmite 20 Kcal · Nutella 80 Kcal

FROM THE BUFFET

Please help yourself to the continental buffet,
let your server know if you require assistance.

Orange juice 68 kcal per 200ml · Cranberry juice 90 Kcal per 200ml

Apple juice 74 Kcal per 200ml · Grapefruit juice 66 Kcal per 200ml

Tomato juice 28 Kcal per 200ml · Pineapple juice 68 Kcal per 200ml

Granola 418 Kcal per 100g · Bran flakes 200 Kcal per 60g

Weetabix 133 Kcal per 40g · Cornflakes 113 Kcal per 30g

Special K 117 Kcal per 30g

Mini Danish pastries & croissants 272 kcal per 40g

Fresh fruit salad 118 Kcal per 200g · Fresh fruit bowl

Pitted prunes 175 Kcal per 220g · Grapefruit segments 115 Kcal per 35g

Peach slices 99 Kcal per 180g · Fruit compote 32 Kcal per 20g

Mixed nuts 140 Kcal per 20g · Dried fruits 37 Kcal per 20g

Natural yoghurt Kcal 119

Porridge 213 Kcal

(served from the kitchen)

Adults need around 2000 Kcal a day. Our dishes may contain traces of allergens. Please let us know if you have any allergens or dietary requirements. Whilst we do our utmost to accommodate our guests, we cannot guarantee any dish will be completely allergen-free due to possible cross-contamination during production.

D DAIRY **G** GLUTEN **M** MUSTARD **E** EGG **MO** MOLLUSCS **CR** CRUSTACEAN **C** CELERY
N NUTS **F** FISH **SU** SULPHUR DIOXIDE **S** SESAME **SO** SOYA **P** PEANUTS **L** LUPIN

GF Gluten Free **GF?** Can be Gluten Free (please ask) **V** Vegetarian

VE Vegan **VE?** Can be Vegan (Please ask)

FROM THE KITCHEN

£16.50

Please let our waiting staff know if you would like your cooked breakfast prepared straight away.

FULL ENGLISH

Back bacon 100 Kcal · Local sausage 121 Kcal · vegan sausage 75 Kcal

Tomato 10 Kcal · Flat mushroom 26 Kcal · Baked beans 65 Kcal

Hash brown 115 Kcal · Fried bread 104 Kcal · Poached egg 67 Kcal

Scrambled egg 237 Kcal · Fried egg 104 Kcal

ALTERNATIVES

TWO BOILED EGGS 380 Kcal

Served with buttered toasted soldiers

SMOKED HADDOCK & POACHED EGGS 750 Kcal GF

Lemon sauce

THREE EGG OMELETTE 227 Kcal GF

Please choose 2 fillings:

Cheese 298 Kcal · Ham 191 Kcal · Mushroom 72 Kcal

Tomato 20 Kcal · Onion 35 Kcal

The following alternative dishes are available with a supplement of £3.00

SMOKED SALMON

Scrambled eggs 360 Kcal

EGGS BENEDICT

Toasted English muffin, bacon, poached egg, hollandaise sauce 570 Kcal

CHILDREN

£8.50

3-12 years, including continental

Boiled eggs toasted soldiers 330 Kcal

Baked beans on toast 325 Kcal

Scrambled egg on toast 405 Kcal

Cooked English breakfast

