



## CONTINENTAL

£9.50

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 **G**  
Gluten-free toast 226 kcal

Additional jams and spreads available

Jams 90 kcal · Marmalade 76 kcal · Honey 90 kcal  
Marmite 20 kcal **G, C** · Nutella 80 kcal **N, D, SO**

## 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 **G, N** 418 kcal per 100g · Bran flakes **G** 200 kcal per 60g  
Weetabix **G** 133 kcal per 40g · Cornflakes **G** 113 kcal per 30g  
Special K **G** 117 kcal per 30g

Mini Danish pastries & croissants **E, D, N, G, S, SO** 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 **N** 140 kcal per 20g · Dried fruits 37 kcal per 20g  
Natural yoghurt **D** kcal 119  
Porridge **D** 213 kcal  
(served from the kitchen)

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

**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

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

## FROM THE KITCHEN

£15.00

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 **G**  
Tomato 10 kcal · Flat mushroom 26 kcal · Baked beans 65 kcal  
Hash brown 115 kcal · Fried bread 104 kcal **G** · Poached egg 67 kcal **E, SU**  
Scrambled egg 237 kcal **E, D** · Fried egg 104 kcal **E**

## ALTERNATIVES

### TWO BOILED EGGS

Served with buttered toasted soldiers 380 kcal **E, D, G**

### SMOKED HADDOCK & POACHED EGGS **GF?**

Lemon sauce 750 kcal **F, E, SU, D, G**

### THREE EGG OMELETTE 227 kcal **GF, E, D**

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 **F, D, E**

### EGGS BENEDICT

Toasted English muffin, bacon, poached egg,  
hollandaise sauce 570 kcal **E, SU, D, G, SO**

## CHILDREN

£8.50

3-12 years, including continental

Boiled eggs toasted soldiers 330 kcal **E, G**

Baked beans on toast 325 kcal **G**

Scrambled egg on toast 405 kcal **D, E, G**

Cooked English breakfast

Monday - Friday: 7.00am - 9.30am | Saturday - Sunday: 8.00am - 9.30am