

FROM THE BUFFET

£10.00

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

TEA & COFFEE

Freshly brewed tea · Fruit tea · Decaffeinated tea
Espresso · Americano · Cappuccino · Latte
Cortado · Mocha · Hot chocolate

FRESH TOAST

Brown toast 258 kcal · White toast 242 kcal **G**
Gluten-free toast 226 kcal Please order with our team

SPREADS

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

FRUIT JUICES

Orange juice 68 kcal per 200ml · Cranberry juice 90 kcal per 200ml
Apple juice 74 kcal per 200ml · Grapefruit juice 66 kcal per 200ml
Pineapple juice 68 kcal per 200ml

CEREAL

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 · Porridge **D** 213 kcal Please order with our team

PASTRIES

Mini Danish pastries & croissants **E, D, N, G, S, SO** 272 kcal per 40g

FRUITS & YOGHURTS

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** 119 kcal

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

£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 **G**
Tomato 10 kcal · Flat mushroom 26 kcal · Baked beans 65 kcal
Hash brown 115 kcal · Fried bread 104 kcal **G**

Your choice of:

Poached egg 67 kcal **E, SU** · Scrambled egg 237 kcal **E, D**
Fried egg 104 kcal **E**

ALTERNATIVES

EGGS ON TOAST

Scrambled, fried or poached eggs 380 kcal **E, D, G, L**

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

SMOKED SALMON

Scrambled eggs 360 kcal **F, D, E**
Supplement **£5.00**

CHILDREN

£9.50

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

