

The

# BREAKFAST MENU

SERVED 7.30AM - 10.00AM  
DAILY IN THE RESTAURANT

## FROM THE BUFFET

PLEASE ENJOY THE SEASONAL SELECTION  
FROM THE BREAKFAST BUFFET

### Fruit Juices

A Fine Selection of Pastries 98 - 177 kcal, G, D, N, E, SU

Fresh Fruit GF, VE, 59 kcal per 100g

Poached Berries GF, VE, 148kcal per 100g

Dried Fruits GF, VE, 271 kcal per 100g, SU

Stewed Fruits GF, VE, 175 kcal per 89g, SU

Natural Yoghurt 56 kcal & Fruit Yoghurts GF, V, 220 kcal, D

A Variety of Cereals VE, 175 kcal per 45g, G, N, SU

Handmade Granola V, 402 kcal per 89g, G, N ,SU

## TRADITIONAL ENGLISH BREAKFAST

### Traditional English Breakfast GF?

Sausage 196 kcal, Unsmoked Back Bacon 202 kcal, Mushroom 15 kcal,  
Grilled Tomato 28 kcal, Hash Browns 124 kcal, Eggs Cooked to Your Choice  
(Black Pudding 292 kcal, White Pudding 101 kcal or Baked Beans on request) G, E, D, M, SU, SO

### ‘Lighter’ English Breakfast GF

Grilled Bacon 101 kcal, Poached Eggs 80 kcal, Grilled Tomato 28 kcal,  
Mushroom 15 kcal, E, D, SU

### Vegetarian Cooked Breakfast v

Quorn Sausages 222 kcal x2, Mushroom 15 kcal, Wilted Spinach 70 kcal,  
Grilled Tomato 28 kcal, Hash Browns 124 kcal,  
Eggs Cooked to Your Choice G, C, E, D, M, SU, SO

### Vegan Cooked Breakfast VE

Quorn Sausages 222 kcal x2, Hash Browns 124 kcal, Grilled Tomato 28 kcal,  
Sautéed Flat Mushroom 100 kcal, Wilted Spinach 70 kcal C, M, SO

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.

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 VE VEGAN V VEGETARIAN  
VE? CAN BE VEGAN (Please Ask) GF? CAN BE GLUTEN FREE (Please Ask)

## VEGAN BUFFET SELECTION

Chia Seed Pudding VE, GF

Candied Orange & Blueberries 112 kcal, SU, SO

Lemon & Chia Seed Muffin VE 235 kcal, SU, SO

## COMFORT BREAKFAST

PLEASE CHOOSE FROM ONE OF THE FOLLOWING OPTIONS:

### Traditional Rolled Porridge Oats

With Milk 352 kcal or Water 221 kcal, G, D

### Bacon Sandwich GF?

on Soft Thick White 672 kcal or Brown Bread 661 kcal, G, D

## À LA CARTE BREAKFAST

PLEASE CHOOSE FROM ONE OF THE FOLLOWING OPTIONS:

3.00 SUPPLEMENT APPLIES PER DISH

### Oak Smoked Salmon GF?

Scrambled Eggs, Chives & Lemon Oil 985 kcal, G, E, F, D, SU

### Eggs Benedict

Smoked Ham & Hollandaise, Toasted English Muffin 904 kcal, G, E, D, SU

### Grilled Kippers GF?

Capers, Lemon & Parsley Butter 830 kcal, F, D, SU

## FRESHLY BREWED TEA OR COFFEE

DECAFFEINATED TEA & COFFEE AVAILABLE

### English Breakfast Tea 0 kcal

Earl Grey 0 kcal

Green Tea 0 kcal

Peppermint 1 kcal

Assam 1 kcal

Camomile 1 kcal

Fruit Tea 1 kcal

Pot of Freshly Brewed Coffee 15 kcal

£22.00 Per Person

Non-Residents