


A selection of freshly prepared wholemeal or white toast ( 105 cal )
Beverager

Freshly-brewed coffee $\cdot$ a selection of teas including:English Breakfast • Earl Grey • Darjeeling • Herbal Teas
(Cooffee/Teas O cals, Milk 5 cals) Specialty Coffees $£ 1.95$ supplement
We hope that you enjoy your breakfast, if you have any individual requests,
please do ask a member of staff and we will be happy to help. Breakfast is charged to non resident guests at $£ 19.95$


Orange, grapefruit ( 9 cals), apple juice ( 10 cals),
Cranberry ( 4 cals) and tomato juice ( 9 cals) are available on request
Freshly baked croissant (197 cals), Danish pastries ( 138 cals), Blueberry Muffin ( 121 cals) preserves ( $75 / 81$ cals) and spreads ( 52 cals )
Slices of fruit ( 33 zalas ), prunes in syrup ( 105 cals), fresh fruit salad ( 13 cals), compotes ( 7 cals), and yoghurts (64/109 cals)
Our classic cereals selection includes favourites such as:
Weetabix ( 109 cas$)$, Branflakes ( 108 cas ), Cornflakes ( 113 cals ), Rice Krispies ( 115 cas ), Muesli ( 111 cals ), Granola ( 481 cas )
A selection of cold cooked meats and cheese
(cooked meat 35 cals, Salami 98 cals, mixed cheese 82 cals, cheese slice 85 cals)

## Friom the kitchen

## Traditional English Breakfast

Bacon ( 116 cals), Cumberland sausage ( 129 cals),
Grilled tomato ( 6 cal ), Baked beans ( 116 cals ), Grilled mushroom ( 116 cals ) Your choice of scrambled ( 197 cals ), poached ( 66 cals ), fried ( 109 cals) or boiled ( 66 cals) farm fresh eggs

## Vegetarian Breakfast (370 cals)

Vegetarian Black Pudding, hash brown, fried egg, field mushroom, harissa dressing


Classic oatmeal porridge ( 167 cals )
Avocado \& Bacon (475 cals)
Avocado, poached egg on a slice sourdough with two rashers of bacon
Three Buttermilk Pancakes with maple syrup ( 856 cals)
Scrambled eggs with smoked salmon and wholemeal toast (534 cals)
*All calories are based per glass, per standard portion or breakfast option.
Food Allergies \& Intolerances - Should you have concerns about a food allergy or intolerance please speak to our staff before you order your food or drink.

