

First things first; breakfast

LIGHT BREAKFAST MENU £11.50 CHILDREN £5.75 (3-18)

Cereals £5.00 V

Muesli 311kcal | Bran Flakes 271kcal Granola 400kcal | Cornflakes 133kcal Raisins 64kcal | Chopped mixed nuts 162kcal | Seeds 83kcal

> Pastries V Croissant 243kcal | Muffins 340kcal

Pain au chocolat 223kcal **Bread V**

Sliced white bloomer 72kcal | Sliced brown bloomer 65kcal | Sourdough 185kcal

Preserves V GF Strawberry jam 77kcal | Orange marmalade 68kcal | Honey 82kcal

Fruit and yoghurt V Greek style yoghurt 106kcal | Mixed berry compote 127kcal | Dried apricots 48kcal Prunes 64kcal | Satsumas 41kcal | Apple 44kcal | Banana 89kcal

DRINKS £3.50

Complimentary with either breakfast

Hot Drinks

Americano 18kcal | Espresso 9kcal | Flat White 153kcal Cappuccino 143kcal | Latte 190kcal | Hot Chocolate 193kcal Mocha 297kcal | Twinings Tea 1kcal

Juices and Water

Orange juice 67kcal Apple juice 64kcal Cranberry juice 30kcal Still water 0kcal Sparkling water 0kcal

 $V = {\sf vegetarian} ~|~ VG = {\sf vegan} ~|~ GF = {\sf gluten}~{\sf free}$

Food allergies and intolerances: we welcome enquiries from guests who wish to know whether dishes contain particular ingredients. Please note: before placing your order, please inform a member of the team if anyone in your party has a food allergy. Adults need around 2000 kcal a day.

WARM AND FILLING £18.50 CHILDREN £9.25 (3-18)

À La Carte Dishes Please choose one dish per person from the below and help yourself to the light breakfast buffet

Full English Breakfast

British pork sausage 132kcal Smoked back bacon 72kcal Mushroom 22kcal Tomato 18kcal Heinz baked beans 120kcal Hash brown 163kcal Free-range Hallgate farm egg **(poached, fried or scrambled 222kcal)** Black pudding - available upon request

Plant Based Full English Breakfast VG

Vegan sausage 60kcal Mushroom 22kcal Tomato 18kcal Heinz baked beans 120kcal Hash brown 163kcal Smashed avocado 160kcal

Eggs Benedict

Toasted English muffin, topped with ham, free-range Hallgate Farm poached egg and hollandaise sauce 428kcal

Eggs Florentine V

Toasted English muffin, topped with butter sauteéd spinach, free-range Hallgate farm poached egg and hollandaise sauce 480kcal

Eggs Royale

Toasted English muffin, topped with smoked salmon, free-range Hallgate farm poached egg and hollandaise sauce 480kcal

Smashed Avocado V

Smashed avocado, tomato, sourdough bread, topped with free-range Hallgate farm poached egg 583kcal

Vegan Waffles VG Mixed berry compote, sliced banana and maple syrup 521kcal

English Style Porridge V

Berry compote and honey 312kcal

Breakfast will automatically be charged to your room account if it is not included in your stay. Prices include VAT @ 20%. Guests who have breakfast included in their rate can enjoy the buffet breakfast or order one a la carte dish from menu, hot drinks and toast are free flowing and included in the inclusive price. Non inclusive guests should pay for breakfast consumed, either buffet breakfast or a la carte, hot drinks and toast are charged individually. Adults need around 2000 kcal a day.