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**“Morning!
We’re here to
help kick-start
your day...”**

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Breakfast menu

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Rise and shine

Adults need around 2000 kcal a day

Continental breakfast £9.95

Whether you need to get up and go, or you want to sit back and get ready to face the day in a leisurely way, our selection of delicious continental breakfast options offer something for everyone.

Perfect porridge ♥

Made with your choice of -
Water (185kcal) (ve)
Semi-skimmed milk (310kcal) (v)
Soya milk (290kcal) (ve)

American-style pancake stack

Made with your choice of -
Honey & butter (481kcal) (v)
Maple syrup (438kcal) (v)

Fresh bread selection

Rustic bloomer
White (247kcal) (ve)
Wholemeal (225kcal) (ve)

Our pastries

Choose from -
Buttery croissant (102kcal) (v)
Pain au chocolat (107kcal) (v)
Pain aux raisins (118kcal) (v)

Our muffins

Choose from -
Decadent chocolate (295kcal) (v)
Moist fruity blueberry (369kcal) (v)

Jams & spreads

Strawberry jam (48kcal) (ve) (gf)
Apricot jam (48kcal) (ve) (gf)
Orange marmalade (48kcal) (ve) (gf)
Nutella (81kcal) (v) (gf)
Maple syrup (63kcal) (ve) (gf)
Runny honey (65kcal) (v) (gf)
Marmite (21kcal) (ve)
Butter (92kcal) (v) (gf)
Sunflower spread (85kcal) (ve) (gf)

Classic cereals

Granola (209kcal) (v)
Muesli (166kcal) (v)
Special K (113kcal) (v)
Corn Flakes (91kcal) (v)
Rice Krispies (85kcal) (v)
Weetabix (136kcal) (v)

Dried fruits, nuts & seeds ♥

Banana flakes & sultanas (214kcal) (ve) (gf)

Fresh fruit ♥

Fresh fruit salad (61kcal per scoop) (ve) (gf)
Apple (106kcal each) (ve) (gf)
Orange (65kcal each) (ve) (gf)
Banana (170kcal each) (ve) (gf)
Fresh melon (27kcal per slice) (ve) (gf)

Fresh yogurt ♥

Mixed fruit yogurt (87kcal each) (v) (gf)
Natural (85kcal) (v) (gf)

Cheese & charcuterie

Cheddar (83kcal per slice) (v) (gf)
Emmental (74kcal per slice) (v) (gf)
Philadelphia (38kcal per portion) (v) (gf)
Continental sausage (77kcal per slice) (gf)
Cooked ham (43kcal per slice) (gf)
Fresh tomato slices (3kcal each) (gf)

Cooked breakfast £16.95

Create your own plate of warming scrumptiousness to set you up for the day. We've got all the classics for you to choose from.

Eggs (v) (gf) ♥

Fried (259kcal per egg)
Scrambled (165kcal per scoop)
Poached (159 kcal per two eggs) to order
Boiled (158kcal per two eggs) to order,
available as soft, medium or hard.

Bacon (gf)

Freshly grilled back bacon (90kcal per slice)

Sausages

Traditional pork (168kcal each) (gf)
Vegan (68kcal each) (ve)

Hash browns (ve) (gf)

Golden brown (78kcal each)

Mushrooms (ve)

Freshly sautéed buttons (191kcal per scoop)

Baked beans (ve) (gf)

(46kcal per scoop)

Tomatoes (ve) (gf)

Lightly browned under the grill (6kcal each)



Drinks

A choice of the following drinks are included in both breakfast options.

Fruit juice

Your choice of -
Easy apple (9kcal) (ve) (gf)
Fresh orange (37kcal) (ve) (gf)
Red berry (9kcal) (ve) (gf)

Hot drinks

Your choice of -
Coffee (1kcal without milk or sugar) (ve) (gf)
Tea (1kcal without milk or sugar) (ve) (gf)
Hot chocolate (99kcal with water) (ve) (gf)

If you have any dietary requirements or require any information on any of the 14 declarable food allergens, then please speak to a member of our team before ordering. Please note that we store, handle and prepare a range of ingredients that contain food allergens and cannot guarantee that our dishes are allergen free due to the potential of cross-contamination. Prices include VAT.

♥ Healthy choice. (v) Vegetarian. (ve) Vegan. (gf) Gluten free dishes are produced utilising non-gluten containing ingredients.