

BREAKFAST

MENU

HELP YOURSELF TO THE CONTINENTAL BUFFET. WE WILL TAKE YOUR ORDER FOR
HOT BEVERAGES, TOAST & COOKED BREAKFAST ITEMS AT THE TABLE

FROM THE BUFFET

CEREALS

(G) (N) (P) (SO) (E) (S)

Granola 418 Kcal per 100g

Shredded Wheat 157 Kcal per 50g

Bran flakes 200 Kcal per 60g

Weetabix 133 Kcal per 40g

Rice Crispies 113 Kcal per 30g

Crunchy Nut Cornflakes 505 Kcal per 30g

Cornflakes 113 Kcal per 30g

Muesli 270 Kcal per 60g

Special K 113 Kcal per 30g

Fruit & Fibre 152 Kcal per 40g

YOGHURTS

(D)

Fruit 196 Kcal or Natural --- Kcal

FRUITS

Orange Segments 115 Kcal per 40g

Fresh Fruit Salad 118 Kcal per 200g

Figs 107 Kcal per 200g

Prunes 175 Kcal per 220g

Grapefruit Segments 115 Kcal per 35g

Peach Halves 99 Kcal per 180g

JUICES per 200ml

Orange 68Kcal

Cranberry 90 Kcal

Apple 74 Kcal

Grapefruit 66 Kcal

Tomato 28 Kcal

FROM THE GRILL

GRILL SELECTION

(G) (E) (D) (S) (SU) (SO)

Back Bacon 100 Kcal

Westcountry Sausage 121 Kcal

Black Pudding 208 Kcal

Tomato 10 Kcal

Flat Mushroom 26 Kcal

Baked Beans 65 Kcal

Hash Brown 115 Kcal

Fried Bread 104 Kcal

Poached Egg 67 Kcal

Scrambled Egg 237 Kcal

Fried Egg 104 Kcal

FROM THE KITCHEN

KITCHEN SELECTION

Porridge

(D) (G) 94 Kcal per 200g

Pink Grapefruit

80 Kcal

Granola, Berry & Yoghurt Bowl

(G) (E) (D) (N) (P) (SO) (SU) (S) 209 Kcal

Smashed Avocado & Poached Egg On Rye

(SU) (SO) (S) (G) (D) (E) 582 Kcal

Continental Meats & Cheeses

(D) (SU) 250 Kcal

American Style Pancakes,
Blueberry Compote, Maple Bacon

(G) (E) (SU) (SO) 339 Kcal

Ham & Eggs

(E) 220 Kcal

Boiled Eggs

(E) 74 Kcal

OMELETTES

(E) (D) 227 Kcal

Ham

Cheddar

Onion

Pepper

Mushroom

Bacon

Tomato

FISH

Smoked Buttered Haddock

(F) (D) 164 Kcal

Smoked Kippers

(F) (D) 512 Kcal

Kedgeriee

(F) (D) (E) (M) (S) (SU) 307 Kcal

BAKER'S SELECTION

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(G) (D) (SU) (E) (N) (P)

Croissant 272 Kcal

Danish Pastries 332 Kcal

Pain Au Chocolat 217 Kcal

Petit Pain Rolls 60 Kcal

Breakfast is served daily 7.30AM-10AM. Guests on breakfast inclusive terms may dine from the entire menu.

Guests not inclusive of breakfast will be charged £17.50 Breakfast | £10 Children's full breakfast.

Adults need around 2000 Kcal a day. Please let us know of any allergies we should be aware of.

(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