

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 Crispiers 113 Kcal per 30g
- Crunchy Nut Cornflakes 119 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 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
- Kedgerree
(F) (D) (E) (M) (S) (SU) 307 Kcal

FROM THE GRILL

GRILL SELECTION

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

- Back Bacon 100 Kcal
- Westcountry Sausage 121 Kcal
- Vegan Sausage 75 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

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
Midweek: 7.30am - 9.30am
Weekends: 7.30am -10am.
- Guests on breakfast inclusive terms may dine
from the entire menu.
- Guests not inclusive of breakfast will be charged
£20 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