



# BREAKFAST

## MENU

# BREAKFAST

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

- Granola 418 Kcal per 100g (G) (N) (P)
- Shredded Wheat VE 157 Kcal per 50g (G) (N) (P)
- Bran Flakes 200 Kcal per 60g (G) (SO)
- Weetabix VE 133 Kcal per 40g (G)
- Rice Krispies 133 Kcal per 30g (G) (SO)
- Crunchy Nut Cornflakes 119 Kcal per 30g (G) (SO) (N) (P)
- Cornflakes 113 Kcal per 30g (G)
- Muesli VE 270 Kcal per 60g (G) (S)
- Special K 113 Kcal per 30g (G) (SO)
- Fruit & Fibre 152 Kcal per 40g (G)

### YOGHURTS VE?

- Fruit or Natural 176 Kcal per 150g (D)

### FRUITS VE

- Orange Segments 115 Kcal per 40g
- Fresh Fruit Salad 118 Kcal per 200g
- Cherries 79 Kcal per 100g
- Prunes 175 Kcal per 220g
- Grapefruit Segments 115 Kcal per 35g
- Peach Halves 99 Kcal per 180g

### JUICES per 200ml

- Orange 68 Kcal | Apple 90 Kcal | Cranberry 74 Kcal
- Grapefruit 66 Kcal | Tomato 28 Kcal

## BAKER'S SELECTION

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- Croissant 272 Kcal (G) (E) (D) (N) (P)
- Danish Pastries 332 Kcal (G) (E) (D) (N) (P)
- Pain Au Chocolat 217 Kcal (G) (E) (D) (N) (P)
- Petit Pain Rolls VE 60 Kcal (G) (SU)
- Spelt & Quinoa Croissant VE 320 kcal (G) (SO)

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.

## FROM THE GRILL

### GRILL SELECTION

- Back Bacon 100 Kcal
- Westcountry Sausage 121 Kcal (SU)
- Black Pudding 208 Kcal (G)
- Tomato VE 10 Kcal
- Flat Mushroom VE 26 Kcal
- Baked Beans VE 65 Kcal
- Hash Brown VE 115 Kcal
- Fried Bread VE 104 Kcal (G) (S) (SO) (SU)
- Poached 67 Kcal Scrambled 237 Kcal or Fried Egg 104 Kcal (E) (D)
- Wilted Spinach VE 20 Kcal
- Avocado VE 150 Kcal
- Vegan Sausage VE 75 Kcal (G)

## FROM THE KITCHEN

### KITCHEN SELECTION

- Porridge VE? 94 Kcal per 200g (D) (G)
- Pink Grapefruit VE 80 Kcal
- Granola, Berry & Yoghurt Bowl VE?  
209 Kcal (G) (D) (N) (P) (SO) (SU) (S)
- Smashed Avocado & Poached Egg On Rye VE?  
582 Kcal (SU) (SO) (S) (G) (D) (E)
- Continental Meats & Cheeses 250 Kcal (D) (SU)
- American Style Pancakes, Blueberry Compote & Maple Bacon VE?  
339 Kcal (G) (SU) (SO)
- Ham & Eggs 220 Kcal (E)
- Boiled Eggs 74 Kcal (E)

### OMELETTES 227 Kcal (E) (D)

- Ham | Cheddar | Onion | Pepper
- Mushroom | Bacon | Tomato

### FISH

- Smoked Buttered Haddock 164 Kcal (F) (D)
- Smoked Kippers 512 Kcal (F) (D)
- Kedgeree 307 Kcal (F) (D) (E) (M) (S) (SU)

Adults need around 2000 Kcal a day. Our dishes may contain traces of allergens. Please let us know if you have any allergens or special dietary requirements. Whilst we do our utmost to accommodate our guests, we cannot guarantee any dish will be completely allergen free.

(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  
VE VEGAN VE? CAN BE VEGAN (please ask)

