

TEA  
OR  
COFFEE?

## CONTINENTAL BREAKFAST

----- £9.95 -----

However you like to start your day, we've got something for you.  
That's the joy of a continental breakfast, you decide where to  
begin! Please visit the buffet for full breakfast selection.

### PERFECT PORRIDGE

Made to order with your choice of -  
Water (185kcal) **VE** **GF**  
Semi-skimmed milk (227kcal) **V** **GF**  
Soya milk (227kcal) **VE** **GF**

### PANCAKES

Please ask for today's options

### FRESH BREAD SELECTION

White bloomer (240kcal) per slice **VE**  
Malted bloomer (246kcal per slice) **VE**  
Baguette (122kcal per slice) **VE**  
Gluten free  
white (204kcal per slice) **VE** **GF**  
Gluten free  
seeded (204kcal per slice) **VE** **GF**

### OUR PASTRIES

Choose from -  
Buttery croissant (238kcal each) **V**  
Pain au chocolat (181kcal each) **V**  
Pain aux raisins (144kcal each) **V**

### OUR MUFFINS

Choose from -  
Decadent chocolate (131kcal each) **V**  
Moist fruity blueberry (110kcal each) **V**

### JAMS & SPREADS **V**

Strawberry jam (66kcal per 25g) **VE** **GF**  
Raspberry jam (66kcal per 25g) **VE** **GF**  
Orange  
marmalade (66kcal per 25g) **VE** **GF**  
Sugar free strawberry  
jam (39kcal per 25g) **VE** **GF**  
Sugar free  
marmalade (40kcal per 25g) **VE** **GF**  
Nutella (136kcal per 25g) **V** **GF**  
Peanut butter (161kcal per 25g) **VE** **GF**  
Golden syrup (79kcal per 25g) **VE** **GF**  
Runny honey (82kcal per 25g) **V** **GF**  
Marmite (26kcal per 25g) **VE**  
Butter (104kcal per 25g) **V** **GF**  
Sunflower  
spread (79kcal per 25g) **VE** **GF**

### CLASSIC CEREALS

Muesli (183kcal per 50g) **VE**  
Corn Flakes (189kcal per 50g) **V**  
Weetabix (138kcal per 50g) **VE**  
Gluten free  
Corn Flakes (191kcal per 50g) **VE** **GF**

### FRESH FRUIT

Apple (104kcal each) **VE** **GF**  
Banana (170kcal each) **VE** **GF**  
Sliced melon (16kcal per slice) **VE** **GF**  
Fruit salad (71kcal per scoop) **VE** **GF**

### YOGHURT

Fruit (69kcal per 100g) **V** **GF**  
Low fat natural (64kcal per 100g) **V** **GF**  
Soya (50kcal per 100g) **VE** **GF**

### DRIED FRUITS, NUTS & SEEDS

Chopped mixed nuts (151kcal) **VE** **GF**  
Sunflower seeds (148kcal) **VE** **GF**  
Dried apricots (64kcal) **VE** **GF**

### CHEESE & CHARCUTERIE

Cheddar (104kcal per piece) **V** **GF**  
Vegan cheese (72kcal per piece) **VE** **GF**  
Philadelphia (57kcal per 25g) **V** **GF**  
Wiltshire ham (39kcal per slice) **GF**  
Cooked turkey (26kcal per slice) **GF**  
Tomato wedges (9kcal per scoop) **VE** **GF**  
Cucumber slices (6kcal per scoop) **VE** **GF**

ENJOY WITH  
A MORNING  
BREW

## COOKED BREAKFAST

----- £16.95 -----

A delicious and hearty breakfast full of all the classics you know and love

### EGGS **V** **GF**

Fried (169kcal per egg)  
Scrambled (72kcal per scoop)  
Omelette (330kcal) to order, please  
ask for filling options  
Poached (159kcal per two eggs) to order  
Boiled (158kcal per two eggs) to order,  
available as soft, medium or hard

### BACON

Freshly grilled back bacon (103kcal per rasher) **GF**

### SAUSAGES

Traditional pork (181kcal each) **GF**  
Cumberland (183kcal each) **GF**  
Vegan (130kcal each) **VE** **GF**

### CRISPY POTATOES **VE** **GF**

Please visit the buffet for today's option

### TOMATOES

Lightly browned under the grill (51kcal each) **VE** **GF**

### BAKED BEANS **VE** **GF** (43kcal per scoop)

It wouldn't be a cooked breakfast without them

### MUSHROOMS

Freshly sautéed buttons (104kcal per scoop) **VE**

## DRINKS

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

### FRUIT JUICE

Your choice of -  
Cloudy apple (10kcal) **VE** **GF**  
Brazilian orange (22kcal) **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 (100kcal with water) **V** **GF**

UPGRADE TO A  
TALL STARBUCKS  
HOT DRINK  
FOR £2.00

Adults need around 2000 kcal a day.

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. **V** Vegetarian. **VE** Vegan. **VEA** Vegan available. **GF** Gluten Free. **GFA** Gluten Free available. **24** Available 24 hours a day. A 10% discretionary service charge will be added to your bill. Prices include VAT.