

## BREAKFAST

One of the team will be along to take your order for any of the items below

## DRINKS

Freshly brewed tea or a pot of coffee orange juice, cranberry juice or apple juice

## TO BEGIN

Selection of cereals Cornflakes, Bran Flakes, Weetabix, Rice Krispies, Fruit and Fibre semi-skimmed milk or milk alternative

Thick and creamy fruit yoghurt pot please ask for today's flavours

Fresh fruit salad 60kcal

Yoghurt and granola 335kcal fruit compote

Creamy porridge 522kcal with your choice of cinnamon and brown sugar or honey

Freshly baked croissant 337kcal jam

Toast for the table 419kcal white or granary bread. Please ask for jam, marmalade, honey, Marmite or Nutella

## COOKED BREAKFAST

The full grill 845kcal

poached, fried or scrambled free range eggs, grilled back bacon, pork sausage, hash brown, baked beans, grilled tomato, field mushroom Please ask if you'd like grilled local black pudding with your grill

The vegetarian grill 588kcal

poached, fried or scrambled free range eggs, vegetarian sausage, hash brown, baked beans, grilled tomato, field mushroom

Oak smoked salmon and scrambled egg 490kcal toasted English muffin

Eggs Benedict 576kcal

English muffin, poached eggs, ham, Hollandaise sauce

Eggs Florentine 555kcal

English muffin, poached eggs, buttered spinach, Hollandaise sauce

Scrambled or poached free range eggs 288kcal white or granary toast

Calorie Information: Adults need around 2000 kcal a day. Allergen Information - we really want you to enjoy your meal with us - if you'd like information about ingredients in any dish, please ask and we'll happily provide it.