



Breakfast Menu



Rise
and
shine



Continental breakfast £9.95

Whether you need to get up and go, or you want to sit back and get ready to face the day in a leisurely way, our selection of delicious continental breakfast options offer something for everyone.

Perfect porridge ♥

Made with your choice of -
Water (185kcal) (ve) (gf)
Semi-skimmed milk (206kcal) (v) (gf)
Soya milk (206kcal) (ve) (gf)

American-style pancake stack

Made with your choice of -
Fruit of the forest (267kcal) (v)
Maple syrup (386kcal) (v)

Fresh bread selection

Rustic bloomer
White (263kcal) (ve)
Wholemeal (263kcal) (ve)

Our pastries

Choose from -
Buttery croissant (123kcal) (v)
Pain au chocolat (181kcal) (v)
Pain aux raisins (144kcal) (v)

Our muffins

Choose from -
Decadent chocolate (131kcal) (v)
Moist fruity blueberry (110kcal) (v)

Jams & spreads (v)

Strawberry jam (66kcal) (ve) (gf)
Apricot jam (66kcal) (ve) (gf)
Orange marmalade (66kcal) (ve) (gf)
Nutella (136kcal) (v) (gf)
Maple syrup (69kcal) (ve) (gf)
Runny honey (82kcal) (v) (gf)
Marmite (65kcal) (ve)
Butter (104kcal) (v) (gf)
Sunflower spread (79kcal) (ve) (gf)

Classic cereals (v)

Granola (209kcal) (v)
Muesli (168kcal) (v)
Special K (188kcal) (v)
Corn Flakes (189kcal) (v)
Rice Krispies (192kcal) (v)
Weetabix (138kcal) (v)

Dried fruits, nuts & seeds ♥

Banana flakes & sultanas (207kcal) (ve) (gf)

Fresh fruit (v) ♥

Fresh fruit salad (55kcal per scoop) (ve) (gf)
Apple (104kcal each) (ve) (gf)
Orange (65kcal each) (ve) (gf)
Banana (170kcal each) (ve) (gf)
Fresh melon (27kcal per slice) (ve) (gf)

Fresh yoghurt (v) ♥

Mixed fruit yogurt (100kcal each) (v) (gf)
Natural (51kcal) (v) (gf)

Cheese & charcuterie

Cheddar (83kcal per slice) (v) (gf)
Smoked cheddar (102kcal per slice) (v) (gf)
Vegan cheese slice (52kcal per slice) (ve) (gf)
Emmental (74kcal per slice) (v) (gf)
Philadelphia (43kcal per portion) (v) (gf)
Continental sausage (67kcal per slice) (gf)
Cooked ham (25kcal per slice) (gf)
Fresh tomato wedges (9kcal per scoop) (gf)



Adults need around 2000 kcal a day

Cooked breakfast £16.95

*Create your own plate of warming scrumptiousness to set you up for the day.
We've got all the classics for you to choose from.*

Eggs (v) (gf) ♥

Fried (169kcal per egg)

Scrambled (72kcal per scoop)

Poached (159 kcal per two eggs) to order

Boiled (158kcal per two eggs) to order,
available as soft, medium or hard.

Bacon (gf)

Freshly grilled back bacon (103kcal per slice)

Sausages

Traditional pork (128kcal each) (gf)

Vegan (73kcal each) (ve) (gf)

Hash browns (ve) (gf)

Golden brown (85kcal each)

Mushrooms (ve)

Freshly sautéed buttons (101kcal per scoop)

Baked beans (ve) (gf)

(43kcal per scoop)

Tomatoes (ve) (gf)

Lightly browned under the grill (9kcal each)



Drinks

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

Fruit juice

Your choice of -

Cloudy apple (9kcal) (ve) (gf)

Brazilian orange (28kcal) (ve) (gf)

Red berry (9kcal) (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)



♥ Healthy choice. (v) Vegetarian. (ve) Vegan. (gf) Gluten free dishes are produced utilising non-gluten containing ingredients.

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.