



SEIZE
THE
DAY



CROWNE PLAZA[®]

HOTELS & RESORTS

AN **IHG**[®] HOTEL

Please order tea and coffee from one of our team members and then make your selection from our extensive buffet.

CONTINENTAL

Chilled juices (V) (GF)

freshly squeezed orange juice, apple and cranberry

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Smoothie of the day (GF)

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Semi and full fat milk (GF)

skimmed, soya, coconut and almond milk available on request

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A selection of cereals (V)

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Chilled fruits, summer fruit compôte and white grapefruit (V) (GF)

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Fruit segments (VE) (GF)

orange, grapefruit, fruits of the forest, melon and fresh fruit salad

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Bakery selection (V) (VE) (GF) options available)

croissants, pastries, muffins, bread rolls, white and brown bloomer

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A choice of sugar free jams, honey, marmalade, Nutella and Marmite

(V) (VE) (GF) options available)

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Cold meats, fish and cheese (GF)

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Fresh fruit display (VE) (GF)

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Yoghurts (V) (GF)

natural, fruit, low calorie

If you would like table service, please ask one of our team members who will be happy to help.

TRADITIONAL

We promote a healthier breakfast, most of our cooked items are oven baked.

Enjoy a selection of the following:

scrambled eggs, fried eggs, poached eggs, boiled eggs, pork sausage, Cumberland sausage, unsmoked back bacon, black pudding, fresh grilled tomatoes, baked beans, mushrooms, hash browns

SPECIALITY

The following dishes are prepared to order by our Chefs, please just ask.

Quaker porridge oats (V) (VE options available)

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Pancakes (V)

with maple syrup

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Eggs benedict

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Poached eggs

with smoked salmon and toasted bloomer

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Kippers with lemon

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Omelette with a choice of toppings (GF)

All of our omelettes are prepared with the minimum of fats, oils and seasoning and can be enjoyed as part of a healthier breakfast. We can also prepare an all-white egg omelette should you require.

(V) vegetarian (VE) vegan (GF) gluten free

All prices are inclusive of VAT at the current rate. All items are subject to availability and all weight is approximate uncooked weights. Any discretionary gratuities will be distributed in full to our team members. Please inform your server before ordering if you have a food allergy or intolerance. All of our dishes are prepared in kitchens that handle allergens and, it is possible that some of our ingredients may have come into contact with traces of allergens during the preparation process. Customers who are subject to allergic reactions and intolerances must take this into consideration before ordering food. Please ask for the allergen version of this menu and speak to a member of our team if you have any additional enquiries.

