



**First  
things first;  
breakfast**

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**BREAKFAST MENU****£20.95****DRINKS****Hot drinks**

English breakfast tea 1kcal | Herbal teas and infusions 1kcal

Filter coffee 1kcal | Espresso 14kcal | Americano 18kcal

Flat white 93kcal | Cappuccino 46kcal | Latte 49kcal | Macchiato 93kcal

**Juices and water**

Orange 67kcal | Apple 64kcal

Still and sparkling water 0kcal

**A LIGHTER START****Cereals**

Granola 400kcal | Muesli 311kcal | Cornflakes 133kcal | Coco Pops 136kcal | Bran flakes 271kcal

Raisins 52kcal | Hazelnuts 193kcal | Seeds 83 kcal | Banana chips 132kcal

**Pastries**

Croissant 243kcal | Cinnamon swirl 311kcal

Pain aux raisins 271kcal | Pain au chocolat 223kcal

**Bread**

Sliced white 402kcal | Sliced brown 397kcal | Sourdough 289kcal

**Preserves**

Strawberry jam 77kcal | Raspberry jam 75kcal | Orange marmalade 68kcal

Honey 82kcal | Marmite 110kcal

**Cold selection**

Greek-style yoghurt 105kcal | Berry compote 127kcal

Prunes 64kcal | Orange segments 56kcal | Apple 44kcal | Peach segments 48kcal

Cheeseboard 297kcal | Cold meat platter 217kcal | Fruit platter 250kcal

Adults need around 2,000 calories a day V = vegetarian | VE = vegan Let us know if you'd like gluten-free bread

Food allergies and intolerances: we welcome enquiries from guests who wish to know whether dishes contain particular ingredients.  
Please note: before placing your order, please inform a member of the team if anyone in your party has a food allergy. Prices include VAT.

## WARM AND FILLING

### Breakfast buffet

Lincolnshire sausages 310kcal | Back bacon 496kcal | Black pudding 166kcal  
Grilled tomatoes VE 18kcal | Sautéed mushrooms VE 22kcal | Hash brown V 417kcal  
Heinz baked beans VE 120kcal | Free-range scrambled eggs V 222kcal  
Free-range fried eggs V 201kcal | Free-range poached eggs V 143kcal

### Don't see what you fancy? How about trying one of our à la carte dishes?

**Pancake stack** V 671kcal  
Maple syrup, berries  
£4

**Eggs Benedict** 428kcal  
Poached eggs, cured ham, hollandaise sauce  
£6

**Three-egg cheese omelette** V 375kcal  
£8

**Soft-boiled eggs and soldiers** V 375kcal  
£5.95

**Poached eggs on toast** V 367kcal  
£6.95

