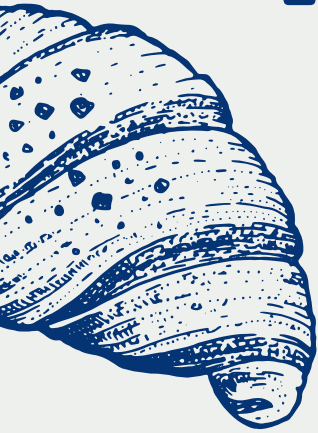




START THE DAY RIGHT



EXPRESS START™ BREAKFAST

FRESH START

V ALL BUTTER CROISSANT (255 kcal)

V BREAD SELECTION

White bloomer slice (92 kcal) and
brown bloomer slice (88 kcal)

GFA Gluten free option available

ve JAMS & SPREADS (26 kcal per 2 tsp)

V MUFFIN (126 kcal)

Nutella (80 kcal per 2 tsp)

Marmite (26 kcal per 1 tsp)

Butter / spread (45 kcal per portion)

V KELLOGG'S CEREALS (152 kcal)

GFA Gluten free option available

V GRANOLA (222 kcal per 50gr)

V NATURAL YOGHURT (52 kcal per 2 spoons)

ve FRESH FRUIT

ve FRUIT COMPOTE (76 kcal per 2 spoons)



FEELING THIRSTY?

JUICES (84kcal per 200ml)

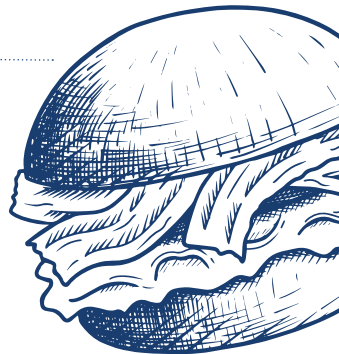
TEA SELECTION (14 kcal)

English breakfast, a selection
of herbal teas and fruit teas

FRESH COFFEE

Latte (123 kcal), Cappuccino (96 kcal),
Black (2 kcal), Decaf (2 kcal)

HOT START



BUILD YOUR OWN BAP

FLOURED BAP (203 kcal)

GFA Gluten free option available

V SCRAMBLED EGGS (110 kcal per 2 spoons)

ve BAKED BEANS (182 kcal per 2 spoons)

BACON (65 kcal per rasher)

IRISH SAUSAGES

(120 kcal per sausage)

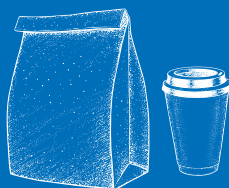
VEA Vegan option available

ve POTATO BREAD (85 kcal each)

ve COOKED TOMATOES (16 kcal per half)

V OAT BURST PORRIDGE (250 kcal)

Available on request: Dairy free spread, dairy free
milk alternatives and Sugar-free Alpen.



IN A HURRY?

We've got **Grab & Go** cups and bags
for your hot drinks,
fruit and pastries.

V Suitable for vegetarians **ve Suitable for vegans**

VEA Vegan option available **GF** Gluten Free

GFA Gluten Free option available

FOOD ALLERGIES & INTOLERANCES:

We welcome enquiries from our guests who wish to know
whether any items contain particular ingredients.

Adults need around 2000 kcal a day.