

START THE DAY RIGHT

EXPRESS START™ BREAKFAST



FRESH START

- V ALL BUTTER CROISSANT** (255 kcal)
- V BREAD SELECTION**
 - White bloomer slice (92 kcal)
 - Brown bloomer slice (88 kcal)
 - G** Gluten-free option available
- ve JAMS & SPREADS** (26 kcal per 2 tsp)
 - Chocolate spread (80 kcal per 2 tsp)
 - Marmite (26 kcal per 1 tsp)
 - Butter / spread (45 kcal per portion)
- V MUFFIN** (126 kcal)
- V KELLOGG'S CEREALS** (162 kcal)
 - G** 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)

HOT START

BUILD YOUR OWN BAPS

- V FLOURED BAP** (203 kcal)
- V SCRAMBLED EGGS** (110 kcal per 2 spoons)
- ve BAKED BEANS** (182 kcal per 2 spoons)
- BACON** (65 kcal per rasher)
- CUMBERLAND SAUSAGES** (140 kcal per sausage)
 - vea** Vegan option available
- ve HASH BROWNS** (83 kcal each)
- ve COOKED TOMATOES** (16 kcal per half)

- V MOMA PORRIDGE** (250 kcal)
Available on request: Dairy free spread, dairy free milk alternatives and sugar-free Alpen.

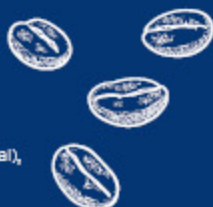
FEELING THIRSTY?

JUICES (84 kcal 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) and Decaf (2 kcal).



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 **24** Available 24 hours per day
G Gluten free **Gf** 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.