

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)

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)

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)

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
 Gluten free 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.