



**First  
things first;  
breakfast**

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**A LIGHTER START**  
**£9.00**

White bloomer 92kcal per slice | Wholemeal bloomer 88kcal per slice

Freshly-baked pastries

Croissant 196kcal each | Pain au chocolat 292kcal each

£2.50 per item

Artisan breads 132 kcal per slice

Preserves

Strawberry jam 75 kcal each | Marmalade 75kcal each | Honey 80kcal each

Seasonal fruits

Watermelon 86 kcal per slice | Honeydew 62kcal per slice | Grapefruit 42kcal each

Fruit compote 85kcal each 100g

Yoghurts 149kcal per 1 cup serving

Selection of:

Cornflakes 189kcal per 50g portion | All-Bran 167kcal per 50g portion

Granola 240 kcal per 50g portion

Dried fruits dried apricots 25 kcal per 10g | raisins 29 kcal per 10g

Nuts walnuts 69kcal per 10g | almonds 69 kcal per 10g

Cured meats mortadella 74kcal per slice | pastrami 27kcal per slice | ham 65kcal per slice

Selection of cheeses manchego 102kcal per 22g portion | Lancashire 114kcal per 30g portion

**WARM AND FILLING**  
**£18.95**

Your choice from the  
continental buffet, plus:

Pork Cumberland sausage 140kcal each

Bacon 65kcal per rasher

Roasted mushrooms V 90kcal per 100g

Grilled plum tomatoes V 16kcal per half

Heinz baked beans V 182kcal per 200g

Mini rosti potato V 163kcal per 100g

Fried eggs V 110kcal each

Black pudding 147kcal per 50g

Vegan sausages VE 153kcal each

V = vegetarian | VE = vegan | GF = gluten free

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.

Adults need around 2000 kcal a day.

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

Traditional oatmeal porridge with milk  
184kcal V £5.00

Granola with natural yoghurt and seasonal berries  
342kcal V £5.50

Smashed avocado and poached eggs on sourdough toast and chilli flakes  
367kcal £9.50

American style pancakes topped with berries and maple syrup  
650kcal VE £9.50

**DRINKS**

Still water  
0000kcal £2.00

Sparkling water  
0000kcal £2.00

Selection of herbal teas  
Earl grey, lemon ginger and green tea  
2kcal per cup/tea bag  
£3.00

English breakfast tea  
2 kcal per cup/tea bag  
£3.00

Bean coffee  
black coffee - 18kcal per cup  
£3.50

Fruit juices  
Orange juice 74kcal per 200ml | Apple juice 88kcal per 200ml | Red berry juice 86kcal per 200ml  
£2.50

Strawberry smoothies  
90kcal per 200ml  
£3.00

Breakfast will automatically be charged to your room account if it is not included in your stay.  
Prices include VAT @ 20%. Guests who have breakfast included in their rate can enjoy the buffet breakfast, order one a la carte dish from menu, hot drinks and toast are free flowing and included in the inclusive price. Guests with a non-inclusive breakfast rate and walk in guests would need to pay according to what they pick (buffet including hot drinks, a la carte individual items, lighter options).  
Adults need around 2000 kcal a day.