



CONTINENTAL BREAKFAST

	Kcal
Alpen	377
Special K	112
Coco Pops	136
Crunchy Nut Corn Flakes	140
Porridge	114
Orange juice	47
Apple juice	46
Cranberry juice	20
Tea	1+
Coffee	7+

COOKED BREAKFAST

Traditional English breakfast: Smoked bacon, sausage, tomato, mushroom, baked beans and free-range fried eggs	926
Traditional vegetarian breakfast: Vegetarian sausages, tomato, mushrooms, baked beans and free-range fried eggs	730
Smoked salmon and scrambled eggs	446
Dingley Dell smoked ham, served with free-range eggs and grilled vine tomato	438
Toast and preserves (listed below)	64+
Jam	37
Marmalade	20
A selection of tea and coffee	As above

OUR MENUS ARE LOCALLY SOURCED, RESPONSIBLY PRODUCED AND SUSTAINABLY DELIVERED

(pb) = Plant Based / Vegan (v) = Vegetarian (gf) = Gluten Free
For dietary requirements or allergy information, please speak to a member of our team.

Adults need around 2000 Kcals a day.