

BREAKFAST BEVERAGES	Kcal
Choice of chilled apple or orange juice	X
Cafetière of ground coffee, English breakfast or Earl Grey tea, selection of herbal or fruit teas	X
Fresh fruit and yogurt parfait	110
Toast, jams & preserves	X
Granary or white toast with a choice of honey, Marmite, marmalade or fruit preserves	X
Choice of breakfast cereal; Alpen, Corn Flakes, Bran Flakes or Rice Krispies	X
COOKED BREAKFAST	
Traditional full English breakfast – smoked Suffolk back bacon, pork sausage, grilled tomatoes, mushrooms, and fried bread with free-range egg, fried, poached or scrambled	X
Scrambled or poached egg on buttered granary or white toast	276-301
Scrambled egg with smoked salmon on buttered granary or white toast	446
Boiled eggs with toasted soldiers	446
Locally smoked Kipper	219
Locally smoked Haddock with poached egg	304
Bacon sandwich	276

OUR MENUS ARE LOCALLY SOURCED, RESPONSIBLY PRODUCED AND SUSTAINABLY DELIVERED

 $\label{eq:pb} \mbox{(pb) = Plant Based / Vegan (v) = Vegetarian (gf) = Gluten Free} \\ \mbox{For dietary requirements or allergy information, please speak to a member of our team.}$

Adults need around 2000 Kcals a day.

