

A LIGHTER START

£9.95

Freshly-baked pastries
Artisan breads | Preserves

Freshly cut and whole fruits | Fruit compote
Low fat, Greek and plant-based yoghurts

Selection of:
Cereals | Muesli | Granola
Dried fruit | Nuts | Seeds
Cold meats and cheeses

WARM AND FILLING

£16.95

Your choice from the
Lighter Start menu, plus:

Sausages
Freshly grilled bacon
Black pudding
Grilled portobello mushrooms
Grilled plum tomatoes
Heinz baked beans
Potato dish of the day

Eggs

Poached 80kcal each, scrambled 94kcal per scoop,
fried 125kcal each and boiled 80kcal each, all cooked to order.
Egg dishes are made using free-range eggs.

Please visit the buffet for our full range.
For full calorie & allergen information please see the buffet labels.

DRINKS

Americano 4kcal VE GF
Espresso (single 2kcal/double 4kcal) VE GF
Latte 136kcal V GF
Mocha 205kcal V GF
Macchiato 21kcal V GF
Cappuccino 96kcal V GF
Flat white 87kcal V GF
Decaffeinated coffee 4kcal VE GF
English breakfast tea 2kcal VE GF
Hot chocolate 205kcal V GF
Selection of fruit juices VE GF

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

Breakfast inclusive guests may choose one of the following instead of the cooked buffet. Includes all Lighter Start menu.

Eggs on toast V GF available

2 free-range eggs with sourdough or gluten-free toast

Choose from -

Poached 454kcal | Scrambled 534kcal | Fried 543kcal
on toast or boiled 453kcal with toast soliders

£6.95

Classic 3 egg omelette V GF 416kcal

Served plain or with your choice of filling -

Cheese V GF 164kcal | Ham GF 71kcal | Tomato V GF 8kcal

Mushroom V GF 14kcal | Onion V GF 20kcal

£8.95

Eggs Benedict

Toasted English muffin, Wiltshire ham, poached eggs and hollandaise sauce

772kcal £9.50

Eggs Florentine V

Toasted English muffin, buttered baby spinach, poached eggs and hollandaise sauce

894kcal £9.50

Eggs Royale

Toasted English muffin, smoked salmon, poached eggs and hollandaise sauce

799kcal £9.95

American-style pancakes V

Three American-style pancakes, served warm 290kcal

Served plain or with your choice of -

Butter V 659kcal | Smoked streaky bacon & maple syrup 621kcal

Fruit compote & Greek-style yoghurt V 533kcal | Nutella V 828kcal

£7.50

Porridge V GF VE available

Warming porridge, made your way, with -

Water VE GF 148kcal | Semi-skimmed milk V GF 259kcal | Oat milk VE GF 287kcal

Add a topping -

Honey V GF 156kcal | Maple syrup VE GF 139kcal | Fruit compote VE GF 80kcal

£5.95

**FOR FULL CALORIE & ALLERGEN CONTENT
PLEASE SEE BUFFET LABELS**

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

Gluten-free dishes are produced utilising non-gluten containing ingredients. If you have any dietary requirements or require any information on any of the 14 declarable food allergens, then please speak to a member of our team before ordering. Please note that we store, handle and prepare a range of ingredients that contain food allergens and cannot guarantee that our dishes are allergen free due to the potential of cross-contamination. Prices include VAT. Fish may contain bones.

Adults need around 2000 kcal a day.