

Breakfast beverages

	Kcal
Selection of English breakfast or herbal teas	1
Selection of coffees	1
Chilled orange juice	105
Chilled apple juice	105

To get you started...

Greek yogurt, fresh berry and granola	117
Freshly baked croissants	406
Bran Flakes	326
Corn Flakes	378
Granola	350

Hot Breakfast

Traditional 'Full English' – Sausage, bacon, eggs cooked to your liking, grilled tomato, mushroom, baked beans and black pudding, white or granary toast	810
(V) Veggie breakfast – Grilled halloumi, sautéed potatoes, eggs cooked to your liking, grilled tomato, mushroom and baked beans, white or granary toast	750
Smoked salmon with scrambled eggs & granary toast	570
Haddock, lightly smoked with poached egg and your choice of white or granary toast	285
Simply eggs, cooked to your liking served with white or granary toast	250
3 egg omlette with cheese/bacon, mushroom & tomato	215/480
(V) Smashed avocada on focaccia, crumbled feta	624
Breakfast bap - Fillings of your choice	

Our menus are locally sourced, responsibly produced and sustainably delivered

(pb) = Plant based / Vegan (v) = Vegetarian (gf) = Gluten free (df) = Dairy free
For allergy information, please speak to a member of our team.

Adults need around 2000 kcals a day.