

BREAKFAST MENU

FROM THE BUFFET

FRUIT JUICES

Orange 68 Kcal per 200ml
Grapefruit 66 Kcal per 200ml
Pineapple 82 Kcal per 200ml
Cranberry 90 Kcal per 200ml
Tomato 28 Kcal per 200ml
Apple 74 Kcal per 200ml

CEREALS

Cornflakes 113 Kcal per 30g
Alpen 270 Kcal per 60g
Bran Flakes 200 Kcal per 60g
Rice Krispies 113 Kcal per 30g
Weetabix 113 Kcal per 40g
Shredded Wheat 157 Kcal per 47g
All Bran 160 Kcal per 60g
Granola 418 Kcal per 100g

FRUITS

Grapefruit Segments 35 Kcal per 115g
Orange Segments 41 Kcal per 115g
Poached Pears 115 Kcal per 160g
Fruit Salad 118 Kcal per 200g
Prunes 174 Kcal per 220g
Peaches 99 Kcal per 180g

NATURAL OR FRUIT YOGHURT

Check label for details

CONTINENTAL PLATTER

Cheddar Cheese 83 Kcal per 20g
Blue Cheese 82 Kcal per 20g
Ham 29 Kcal per 14g
Prosciutto Crudo 21 Kcal per 10g
Chorizo 28 Kcal per 7g
Salami 31 Kcal per 7g
Melon 12 Kcal per 75g
Smoked Salmon 37 Kcal per 20g
Croissants 272 Kcal per 57g
Selection of Pastries
Raspberry Crown 160 Kcal per 39g
Cinnamon Swirl 160 Kcal per 39g
Vanilla Cream 132 Kcal per 32g
Apple Coronet 169 Kcal per 41g
Maple Pecan 144 Kcal per 35g

PORRIDGE 252 Kcal per 350g

Available to order

FISHERMAN'S CHOICE

GRILLED KIPPERS 512 Kcal per 160g

SMOKED HADDOCK 164 Kcal per 140g
Poached in Milk

JUBILEE GRILL

CHOOSE FROM THE FOLLOWING:

BACON 103 Kcal per 25g

BAKED BEANS 65 Kcal per 79g

SAUSAGES (GF) 121 Kcal per 64g

VEGETARIAN SAUSAGES 204 Kcal per 100g

MUSHROOMS 6 Kcal per 42g

TOMATO 10 Kcal per 56g

HASH BROWNS 115 Kcal per 42g

FRIED BREAD 80 Kcal per 16g

SCRAMBLED EGG 237 Kcal per 100g

POACHED EGG 67 Kcal per 50g

FRIED EGG 104 Kcal per 50g

BOILED EGG 72 Kcal per 50g

OMELETTES 227 Kcal per 160g
Made to Order

BEVERAGES

ENGLISH BREAKFAST TEA

FRESHLY BREWED COFFEE

DECAFFEINATED TEA OR COFFEE

SPECIALITY TEAS

HOT CHOCOLATE