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BREAKFAST

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MENU

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# BREAKFAST MENU

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We invite you to choose from the wide range available from our buffet. Our staff will be happy to take your order for cooked and hot items.

## FROM THE BUFFET

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### FRUIT JUICES **GF, VE** per 200ml

Orange 68 Kcal | Grapefruit 66 Kcal | Pineapple 82 Kcal  
Cranberry 90 Kcal | Tomato 28 Kcal | Apple 74 Kcal

### CEREALS

Cornflakes **V** 113 Kcal per 30g **G** | Alpen **V** 270 Kcal per 60g **G, D, N**  
Bran Flakes **V** 200 Kcal per 60g **G** | Rice Krispies **V** 113 Kcal per 30g **G**  
Weetabix **VE** 113 Kcal per 40g **G** | Granola **V** 418 Kcal per 100g **G**

### FRUITS AND COMPOTES **GF, VE**

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

### GREEK, NATURAL OR FRUIT YOGHURT **GF**

Check label for details **D**

### CONTINENTAL PLATTER

Cheddar Cheese **GF** 83 Kcal per 20g **D** | Blue Cheese **GF** 82 Kcal per 20g **D**  
Ham **GF** 29 Kcal per 14g | Cured Meats **GF** Kcals varies daily  
Melon **GF, VE** 12 Kcal per 75g | Smoked Salmon **GF** 37 Kcal per 20g **F**  
Croissants **V** 272 Kcal per 57g **G, D, E** | Selection of Pastries **V** 424 Kcal **G, D, E, N**

### PORRIDGE **V, VE?** 252 Kcal per 350g **G, D**

Available to order

## FISHERMAN'S CHOICE

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### GRILLED KIPPERS **GF** 512 Kcal per 160g **D, F**

### SMOKED HADDOCK **GF** 164 Kcal per 140g **D, F**

Poached in Milk

**GF** Gluten Free **GF?** Can be Gluten Free (please ask)

**V** Vegetarian **VE** Vegan **VE?** Can be Vegan (please ask)

**D** DAIRY **G** GLUTEN **M** MUSTARD **E** EGG **MO** MOLLUSCS **CR** CRUSTACEAN **C** CELERY  
**N** NUTS **F** FISH **SU** SULPHUR DIOXIDE **S** SESAME **SO** SOYA **P** PEANUTS **L** LUPIN

Adults need around 2000 Kcal a day. Our dishes may contain traces of allergens. Please let us know if you have any allergens or special dietary requirements. Whilst we do our utmost to accommodate our guests, we cannot guarantee any dish will be completely allergen free.

# JUBILEE GRILL

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Choose from the following:

**BACON** GF 103 Kcal per 25g

**BAKED BEANS** GF, VE 65 Kcal per 79g

**PORK SAUSAGE** GF 121 Kcal per 64g SU

**VEGAN SAUSAGE** GF?, VE 204 Kcal per 100g G, SU, SO

**SAUTEED MUSHROOMS** GF, VE 6 Kcal per 42g

**GRILLED TOMATO** GF, VE 10 Kcal per 56g

**HASH BROWN** GF?, VE? 115 Kcal per 42g

**FRIED BREAD** GF?, VE? 80 Kcal per 16g G, SO

## EGG GF

Scrambled 237 Kcal per 100g D, E | Fried 104 Kcal per 50g E

Poached 67 Kcal per 50g E | Boiled 72 Kcal per 50g E

**OMELETTES** GF 227 Kcal per 160g D, E

Made to order

## VEGETARIAN BREAKFAST V, GF?

Vegan Sausage, Sauteed Mushrooms, Grilled Tomato,  
Hash Brown, Fried Bread, Baked Beans 480 Kcal  
and choice of Egg Kcals varies G, D, SU, SO

OR

Toasted Sourdough, Avocado, Poached Egg  
and Grilled Tomato V, GF? 388 Kcal G, E

**VEGAN BREAKFAST** VE, GF? 480 Kcal G, SU, SO

Vegan Sausage, Sauteed Mushrooms, Grilled Tomato,  
Hash Brown, Baked Beans and Fried Bread

## TOAST GF? G

Brown 102 Kcal per slice | White 114 Kcal per slice

# BEVERAGES

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ENGLISH BREAKFAST TEA

FRESHLY BREWED COFFEE

DECAFFEINATED TEA OR COFFEE

SPECIALITY TEAS

HOT CHOCOLATE



B R E N D  
COLLECTION

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