

Holiday Inn

BREAKFAST



CONTINENTAL BREAKFAST

----- £12.95 -----

However you like to start your day, we've got something for you.
That's the joy of a continental breakfast, you decide where to begin!

TEA
OR
COFFEE?

GAMMON HAM SLICE (116kcal)

TURKEY SLICE (117kcal)

CHEDDAR CHEESE WEDGE **V** (95kcal)

BRIE WEDGE **V** (88kcal)

BOILED EGG **V** (78kcal)

TOMATO **VE** (20kcal)

CUCUMBER **VE** (1kcal)

FRUIT YOGHURT **V** (161kcal)

NATURAL YOGHURT **V** (84kcal)

FRUIT COMPOTE **VE** (140kcal)

DRIED FIGS **VE** (119kcal)

DRIED APRICOTS **VE** (70kcal)

DRIED BANANA **VE** (69kcal)

SUNFLOWER SEEDS **VE** (47kcal)

FRESH FRUIT

FRESH APPLE **VE** (52kcal)

FRESH BANANA **VE** (89kcal)

FRESH ORANGE **VE** (47kcal)

FRUIT SALAD **VE** (89kcal)

CEREAL

CORN FLAKES **VE** (114kcal)

GLUTEN FREE CORN FLAKES **VE** (93kcal)

MUESLI **VE** (446kcal)

GLUTEN FREE MUESLI **VE** **GF** (173kcal)

CRUNCHY NUT CORNFLAKES **VE** (490kcal)

RICE KRISPIES **VE** (385kcal)

WEETABIX (X2) **VE** (362kcal)

GRANOLA **VE** (444kcal)

SPECIAL K **VE** (375kcal)

SEMI SKIMMED MILK **V** (75kcal)

ALTERNATIVE PLANT-BASED MILK **VE** (60kcal)

BREAD & CONDIMENTS

DANISH PASTRY **V** (338kcal)

CROISSANT **V** (244kcal)

BROWN BLOOMER **VE** (120kcal)

WHITE BLOOMER **VE** (120kcal)

MINI BAGUETTES **VE** (325kcal)

GLUTEN FREE BREAD **VE** **GF** (on request) (233kcal)

HONEY **V** (60kcal)

ORANGE MARMALADE **VE** (49kcal)

MIXED BERRY JAM **VE** (31kcal)

STRAWBERRY JAM **VE** (28kcal)

HAZELNUT SPREAD **V** (80kcal)

FLORA SPREAD PORTION **VE** (5kcal)

SALTED BUTTER PORTION **V** (8kcal)

COOKED BREAKFAST

----- £14.95 -----

A delicious and hearty breakfast full of all the classics you know and love

ENJOY WITH
A MORNING
BREW

ENGLISH BREAKFAST

PORK SAUSAGE (228kcal)

GLUTEN FREE PORK SAUSAGES **GF**
(on request) (185kcal)

VEGAN SAUSAGES **VEA** (on request) (221kcal)

UNSMOKED BACK BACON (85kcal)

FRIED EGG **V** (90kcal)

SCRAMBLED EGGS **V** (167kcal)

2 POACHED EGGS **V** (on request) (150kcal)

TOMATOES **VE** (22kcal)

MUSHROOMS **VE** (24kcal)

BAKED BEANS **VE** (78kcal)

HASH BROWNS **VE** (180kcal)

ALTERNATIVES (on request)

PORRIDGE **V** (364kcal)

Please ask for our flavours

From the kitchen

SOFT BOILED EGGS **V** (78kcal)

3 EGG OMELETTE (340kcal)

Choose 2 fillings:

GAMMON HAM (116kcal)

CHEDDAR CHEESE **V** (207kcal)

MUSHROOMS **V** (24kcal)

DRINKS

A choice of the following drinks is included in both breakfast options
Ask your server for a choice of hot or cold drinks from Starbucks

FRUIT SMOOTHIE

Our cool, creamy, fruity shake,
ask your server for today's choice

FRUIT JUICE

Your choice of easy apple,
fresh orange or tangy cranberry

HOT DRINKS **V**

Your choice of coffee,
tea or hot chocolate

Please inform a member of staff before dining if you have a food allergy or intolerance. All food is prepared in an area where allergens are present. **V** Vegetarian. **VE** Vegan. **VEA** Vegan available. **GF** Gluten Free. **GF** Gluten Free available. **24** Available 24 hours a day.

*Approximate uncooked weight. Prices include VAT. Adults need around 2000 kcal a day.