

BREAKFAST MENU

CONTINENTAL BREAKFAST BUFFET

Start your day right with a wholesome breakfast.
Please help yourself to our fresh continental selection.

FULL ENGLISH BREAKFAST 11.0

Grilled bacon, pork sausages, pan-fried button mushrooms, grilled plum tomato, baked beans, hash brown, hogs pudding, toast and a St Ewe egg cooked to your liking.*
*1069 kcal (*poached +77 kcal, fried +95 kcal or scrambled +192 kcal)*

VEGETARIAN BREAKFAST 10.0 *v*

Quorn sausages, pan-fried button mushrooms, grilled plum tomato, wilted spinach, baked beans, hash brown, toast and a St Ewe egg cooked to your liking.*
*736 kcal (*poached +77 kcal, fried +95 kcal or scrambled +192 kcal)*

VEGAN BREAKFAST 10.0 *vg*

Scrambled tofu, Quorn sausages, pan-fried button mushrooms, wilted spinach, grilled plum tomato, baked beans, toast and hash brown. *791 kcal*

BREAKFAST BAP 6.5 *v option*

Buttered bap filled with bacon, sausage, hash brown and fried St Ewe egg. *753 kcal*

SAUSAGE BAP 5.5 *vg option*

Buttered bap filled with two sausages. *570 kcal*

BACON BAP 5.5

Buttered bap filled with two rashers of smoked back bacon. *503 kcal*

Adults need around 2,000 kcal per day

v - vegetarian, vg - vegan

Our allergen information is available on request. Please let your server know if you have any allergies or intolerances. We take steps to minimise the risk of cross-contamination when preparing your food, however, we do not have specific allergen-free zones in our kitchens. It is therefore not possible for us to guarantee separation of all allergens.

SMOKED SALMON & SCRAMBLED ST EWE EGGS 9.5

Smoked Atlantic salmon, warm artisan baguette and St Ewe scrambled eggs. *496 kcal*

AVOCADO & TOMATO SMASH 8.0 v

Warm artisan baguette topped with smashed avocado and tomato, and a St Ewe poached egg. *508 kcal*

PANCAKE FRUIT STACK 8.0 v

Buttermilk pancakes, blueberries, strawberries, raspberries and Greek yoghurt, finished with honey and mixed chopped nuts. *540 kcal*

BACON PANCAKES 8.5

Buttermilk pancakes, crispy smoked streaky bacon, and blueberries, drizzled with maple syrup. *698 kcal*

OVERNIGHT OATS 6.0 v

Oats steeped overnight in almond milk and served with Greek yoghurt, honey, strawberries, raspberries and blueberries. *314 kcal*

If you'd like to add extra items, please ask a member of our team for more information.

Adults need around 2,000 kcal per day

We have a separate menu available for guests looking to avoid gluten, please ask your server.

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