



# Sands BISTRO

## BREAKFAST MENU



TABLE ORDERING  
AVAILABLE...  
*Scan to order*

# COOKED BREAKFAST

*Get your day off to the perfect start with a classic cooked breakfast.*

## Traditional Breakfast 1201 kcal

Two rashers of bacon, two sausages, a free-range egg, beans, mushrooms, fresh tomato, hash browns and a choice of white or brown toast or fried bread. **10.50**

## Vegetarian Breakfast V 717 kcal

Two Quorn Best of British sausages, a free-range egg, fresh tomato, beans, mushrooms, hash browns and a choice of white or brown toast or fried bread. **8.00**

## Small Breakfast 813 kcal

One rasher of bacon, one sausage, a free-range egg, beans, fresh tomato and a choice of white or brown toast. **8.00**

## Plant-based Breakfast Vg 656 kcal

Roasted peppers, vegan sausages, mushrooms, hash browns, fresh tomato, beans and toast. **8.50**

## Breakfast Bap

Soft, fluffy roll with your choice of delicious filling. Choose from:

**Bacon** 512 kcal **5.00**

**Vegan sausage Vg** 428 kcal **5.00**

**Sausage** 547 kcal **5.00**

**Egg V** 435 kcal **5.00**

## ADD A LITTLE EXTRA...

**Bacon** 173 kcal **1.50**

**Sausage** 276 kcal **1.50**

**Vegan sausage Vg** 138 kcal **1.50**

**Mushrooms Vg** 240 kcal **1.50**

**Tomato Vg** 17 kcal **1.50**

**Hash brown Vg** 237 kcal **1.50**

**Baked beans Vg** 138 kcal **1.50**

**Fried egg V** 131 kcal **1.50**

**Poached egg V** 131 kcal **1.50**

# LIGHTER OPTIONS

*Prefer a lighter start to the day? We've got you covered!*

## Granola Pot V 399 kcal

Fruit and yoghurt bowl topped with a crunchy granola. **5.50**

## Cereals

A bowl of your favourite cereal with your choice of semi skimmed or soya milk. Choose from:

**Cornflakes V** 127 kcal **2.50**

**Rice Krispies V** 121 kcal **2.50**

**Special K V** 149 kcal **2.50**

**Crunchy Nut Cornflakes V** 176 kcal **2.50**

# SWEET TREATS

*Who says you can't have sweet things at breakfast? Not us!*

## Pancake Stack

Fluffy pancakes, topped with a choice of:

**Maple syrup V** 385 kcal **6.00**

**Fresh fruit V** 395 kcal **7.50**

**Bacon and maple syrup** 538 kcal **8.50**

## Sweet Waffle

**Breakfast** 666 kcal

A warm Belgian waffle topped with back bacon, fried free-range egg and maple syrup. **8.00**

# EGGS

*A selection of dishes that make the most of this versatile breakfast staple.*

## Eggs Benedict 858 kcal

A traditional English breakfast muffin topped with cured ham, two free-range poached eggs and a creamy hollandaise sauce. **8.50**

## Eggs Florentine V 858 kcal

A traditional English breakfast muffin topped with spinach, two free-range poached eggs and a creamy hollandaise sauce. **8.00**

## Eggs Royale 654 kcal

A traditional English muffin topped with freshly smoked salmon, two free-range poached eggs and a creamy hollandaise sauce. **9.00**

## Eggs on Toast V 545 kcal

Keep it simple. Eggs cooked your way, served on white or brown toast. **5.50**

# SMALLER APPETITES

*Perfect for smaller tummies.*

**Sausage, Egg and Beans** 348 kcal **5.00**

**Bacon, Egg and Beans** 273 kcal **5.00**

## Poached Eggs

**on Toast V** 545 kcal **3.50**

**Beans on Toast V** 545 kcal **3.50**

## Smashed Avocado

**on Toast Vg** 674 kcal **7.00**

**Toast and Jam Vg** 419 kcal **2.50**

**Toasted Teacake Vg** 340 kcal **3.50**

**Toasted Crumpet Vg** 282 kcal **3.00**



Red Tractor is an independent not-for-profit food and farm assurance scheme ensuring the food you choose is safe, traceable and farmed with care. By choosing food with the Red Tractor logo you can be sure that it has been produced in the UK to world-leading standards and is traceable back to farms. For more information, please go to [redtractor.org.uk](http://redtractor.org.uk).



## V Suitable for vegetarians Vg Suitable for vegans

Calories shown are per serving. Each dish is one serving unless otherwise stated. Adults need around 2000 kcal a day. Please inform your server of any allergies or intolerances before you order. Unfortunately, it is not possible to guarantee that any product is 100% free from any allergen due to the risk of cross contamination in our busy kitchens. All menu items may contain ingredients not listed in the menu description. Weights are approximate and uncooked. Some meat/fish dishes may contain small bones. Menu items are subject to availability. All prices include VAT. All card and cash tips are shared out to all employees through a system controlled by a team representative. No monies are deducted by Away Resorts. Tips are paid on top of a team member's wage. If you have any queries about how tips are distributed, please ask.

**If you have a food allergy, intolerance or coeliac disease, please speak to a team member about the ingredients in your food and drink before you order. Thank you.**

CATCH SOME WAVES