

# LIFESTYLE & ALLERGENS MENU

## GLUTEN FREE

### BREAKFAST

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

**BIG AWAY BREAKFAST** 1879 kcal **14.20**

Three rashers of bacon, two sausages, two gluten free free-range egg, beans, mushrooms, fresh tomato, two hash browns and double gluten free toast.

**TRADITIONAL BREAKFAST** 1201 kcal **12.30**

Two rashers of bacon, two gluten free sausages, a free-range egg, beans, mushrooms, fresh tomato, hash browns and gluten free toast.

**SMALL BREAKFAST** 813 kcal **8.55**

One rasher of bacon, one gluten free sausage, free-range egg, beans, mushrooms and grilled tomato.

**PLANT-BASED BREAKFAST** **Vg** 656 kcal **8.95**

Roasted peppers, vegan sausages, mushrooms, sautéed potatoes, beans and toast.

### LIGHT & LOVELY

Because not everyone fancies a full cooked breakfast first thing in the morning!

**BACON, EGG AND BEANS** 273 kcal **4.75**

ADULTS  
NEED AROUND  
2000 KCAL  
A DAY.

### EGGS

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

**EGGS BENEDICT** 858 kcal **9.40**

Toasted gluten-free bread topped with cured ham, two free-range poached eggs and a creamy hollandaise sauce.

**EGGS FLORENTINE** **V** 858 kcal **8.95**

Toasted gluten-free bread topped with spinach, two free-range poached eggs and a creamy hollandaise sauce.

**EGGS ON TOAST** **V** 545 kcal **6.25**

Keep it simple. Eggs cooked your way, served on gluten-free toast

**HAM AND CHEESE OMELETTE** 734 kcal **8.00**

Three egg omelette filled with ham and cheese, served with gluten-free toast and butter.

**CHEESE AND MUSHROOM OMELETTE** **V** 690 kcal **7.60**

Three egg omelette filled with spinach, mushroom and cheese, served with gluten-free toast and butter.

Please inform your server of any allergies or intolerances before you order.

## DAIRY FREE

### BREAKFAST

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

**BIG AWAY BREAKFAST** 1879 kcal **14.20**

Three rashers of bacon, two sausages, two free-range egg, beans, mushrooms, fresh tomato, two hash browns and double toast

**TRADITIONAL BREAKFAST** 1201 kcal **12.30**

Two rashers of bacon, two gluten-free sausages, a free-range egg, beans, mushrooms, fresh tomato, hash browns and toast..

**SMALL BREAKFAST** 813 kcal **8.55**

One rasher of bacon, one sausage, free-range egg, beans, mushrooms and grilled tomato.

**VEGETARIAN BREAKFAST** **V** 717 kcal **8.95**

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.

**PLANT-BASED BREAKFAST** **Vg** 656 kcal **8.95**

Roasted peppers, vegan sausages, mushrooms, sautéed potatoes, beans and toast.

### LIGHT & LOVELY

Because not everyone fancies a full cooked breakfast first thing in the morning!

**SAUSAGE, EGG AND BEANS** 348 kcal **4.75**

**BACON, EGG AND BEANS** 273 kcal **4.75**

### EGGS

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

**EGGS ON TOAST** **V** 545 kcal **6.25**

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

**HAM OMELETTE** 734 kcal **7.60**

Three egg omelette filled with ham, served with toast and spread.

**SPINACH AND MUSHROOM OMELETTE** **V** 690 kcal **7.60**

Three egg omelette filled with spinach and mushrooms served with toast and spread.

**POACHED EGGS & SMASHED AVOCADO ON TOAST** **V** 607 kcal **9.45**

Poached eggs, avocado smashed with chilli, lime and tomato. Served on toasted ciabatta..

**SPICY BAKED EGGS** **V** 408 kcal **9.45**

Two baked eggs in a spicy tomato and pepper sauce with toasted ciabatta.

### CEREALS

A bowl of your favourite cereal with soya milk.

Choose from:

Cornflakes **V** 127 kcal

Crunchy Nut Cornflakes **V** 176 kcal

Rice Crispies **V** 121 kcal

Special K **V** 149 kcal



WANT TO ORDER ONLINE?  
JUST SCAN THE QR CODE.

**V** SUITABLE FOR VEGETARIANS

**Vg** SUITABLE FOR VEGANS