



GRILL

AT CLAYTON HOTEL CITY OF LONDON

BREAKFAST  
MENU



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AT CLAYTON HOTEL CITY OF LONDON

## BREAKFAST SERVED 6.30AM - 10.00AM

7.00AM - 10.30AM  
SATURDAY, SUNDAY & BANK HOLIDAYS

### JUICE BAR

FRESH ORANGE

CLOUDY APPLE

FRUIT SMOOTHIE

ICED MINERAL WATER

INFUSED WATER

DAILY SUPER JUICE

### HOT BREAKFAST

Choose from our hot breakfast selection:

GRILLED BACK BACON

FRIED POTATOES

GRILLED PORK SAUSAGE

GRILLED TOMATOES

CLONAKILTY BLACK PUDDING

BAKED BEANS

SAUTÉED MUSHROOMS

SCRAMBLED HENS EGG



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## BREADS AND PASTRIES

### FARMHOUSE TOASTING BREADS

BAKED RUSTIC WHITE AND  
MULTISEED BREAD LOAVES

HOME BAKED BROWN BREAD

FRESH BAGELS

### BUTTER CROISSANTS

PAIN AU CHOCOLAT

SPECIALITY PASTRIES

BREAKFAST MUFFINS

All served with a selection of natural honey,  
high fruit content marmalade and luxury jams

### GLUTEN FREE

Full selection of gluten free  
breakfast treats available

### DAIRY INTOLERANCES

Soya and almond milk  
available

## FROM THE KITCHEN

FRESHLY PREPARED  
FRIED HENS EGG

FRESHLY PREPARED  
POACHED HENS EGG

FRESHLY PREPARED  
EGG WHITE OMELETTE

FRESHLY PREPARED OMELETTE

Choose from the following:  
Ham & Cheese | Mushroom |  
Smoked Salmon

WAFFLE & BERRY  
SELECTION



## — CLAYTON HOTELS VITALITY BREAKFAST —

### BREAKFAST AND A HEALTHY DIET

A good breakfast gets your entire system up and running and will aid concentration throughout the day.

It can also mean less snacking. Choose from high fibre cereals and breads (preferably brown and wholemeal), multigrain porridge with seeds, nuts and fresh fruit or thick yoghurt with fruit compote and fresh fruit. With the Vitality breakfast selection available at Clayton Hotels, a healthier breakfast is guaranteed.

### CHILDREN

Ensure your children get a good breakfast to kick-start their day: cereal, bread with cheese, scrambled eggs, yoghurt, or some fresh fruit.

### EAT PLENTY OF FRESH FRUIT AND VEGETABLES

You should aim to eat at least five portions every day. Fruit or raw vegetables make great in-between meal snacks and most are packed full of vitamins and fibre to help you feel good and provide you with energy.

### DRINK MORE WATER

Our bodies need water for survival and hydration, water helps cleanse your system. Drink plenty of it and aim for 8 glasses every day. When your body is slightly dehydrated it can make you feel tired or groggy.

**Clayton Hotels breakfast offering is designed  
to offer you all this and more.**