**VITALITY BREAKFAST SELECTION**

*Please choose from the following:*

**FRESH BREAD & PASTRIES**
- Blueberry muffin (v), Baked butter croissant (v), Pain au chocolat (v), Sourdough toast (v)
  
  *(Contains allergens - gluten, 6 wheat, 7, 8, 9, 10, 11)*

**YOUGURT**
- Fresh yoghurt pot (v), Dark berry smoothie (v)
  
  *(Contains allergen 7)*

**FRUIT POTS**
- Chilled watermelon and fresh mint (v)
- Ripe pineapple and cranberry (v), Mixed fruit pot (v)

**CEREALS**
- Fruit n' Fibre (v), Weetabix (v), Kellogg's Corn Flakes (v), Kellogg's Special K (v), Hearty Oat porridge (v)
  
  *(Contains Allergens - gluten, 6 wheat)*

**Homemade granola (v)**
  
  *(Contains Allergen 5 nuts, gluten, wheat 6, 9)*

*All served with semi skimmed milk, soya & almond milk available upon request*

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**HOT BREAKFAST SELECTION**

*Please choose one of the following:*

**THE GRILL BREAKFAST PLATE**
- Two grilled back bacon, two Cumberland pork sausages, hash brown, mushrooms, baked beans, fried egg and toast
  
  *(Contains allergen, gluten, 6 wheat, 9, 11)*

**EGGS AND BACON**
- Two rashers of grilled back bacon served with two fried eggs and toast
  
  *(Contains allergen, gluten, 6 wheat, 9, 11)*

**EGGS BENEDICT**
- Classic breakfast of honey roast ham on a toasted English muffin, two poached hen's eggs and hollandaise sauce
  
  *(Contains allergen, gluten, 6 wheat, 9, 11)*

**FIVE BEANS ON TOAST (VEGAN)**
- Mixed bean cassoulet and mushroom served on toasted sourdough
  
  *(Contains allergen - gluten, 6 wheat, 8)*

**SWEET PANCAKES (VEGAN)**
- Pancakes served hot with golden syrup & berry compote
  
  *(Contains Allergen - gluten, 6 wheat, 9)*

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**ALLERGEN INDEX**

<table>
<thead>
<tr>
<th>No.</th>
<th>Allergen</th>
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<tbody>
<tr>
<td>1.</td>
<td>Crustaceans</td>
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<td>2.</td>
<td>Molluscs</td>
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<td>3.</td>
<td>Fish</td>
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<td>4.</td>
<td>Peanuts</td>
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<tr>
<td>5.</td>
<td>Nuts</td>
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<td>6.</td>
<td>Cereals containing gluten</td>
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<td>7.</td>
<td>Milk / milk products</td>
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<tr>
<td>8.</td>
<td>Soya</td>
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<td>9.</td>
<td>Sulphur dioxide</td>
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<td>10.</td>
<td>Sesame seeds</td>
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<td>11.</td>
<td>Egg</td>
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<td>12.</td>
<td>Celery &amp; celeriac</td>
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<td>13.</td>
<td>Mustard</td>
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<tr>
<td>14.</td>
<td>Lupins</td>
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</tbody>
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(V) = Suitable for vegetarians.

Food allergies and intolerances:
Before you order your food and drinks please speak to our staff to advice us of any intolerances / allergies or if you would like to know more about the ingredients used.

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ENJOY YOUR BREAKFAST

Gluten free and children’s options available
Just ask your server