

ENJOY YOUR BREAKFAST

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

JUICES orange juice, apple juice (Contains allergen 9) • **BOTTLE OF STILL WATER** • **FRESH COFFEE OR BREAKFAST TEA** will be served to your table

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)

YOGHURT

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

Fruit Bircher of natural yoghurt, oats, pumpkin seeds, honey & apricot (v)
(Contains allergens - gluten, 6 wheat, 7, 9)

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



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)



ALLERGEN INDEX

No.1 - Crustaceans	No.6 - Cereals containing gluten	No.11 - Egg
No.2 - Molluscs	No.7 - Milk / milk products	No.12 - Celery & celeriac
No.3 - Fish	No.8 - Soya	No.13 - Mustard
No.4 - Peanuts	No.9 - Sulphur dioxide	No.14 - Lupins
No.5 - Nuts	No.10 - Sesame seeds	

(V) = Suitable for vegetarians.
Food allergies and intolerances:
Before you order your food and drinks please
speak to our staff to advise us of any intolerances
/ allergies or if you would like to know more about
the ingredients used.