

VITALITY BREAKFAST MENU

HYDRATION STATION

Orange Juice 9 Apple Juice 9 Detox Water

TEA & COFFEE

Breakfast or herbal tea and a selection of speciality coffees are available for you to choose from

PORRIDGE

Hearty creamy porridge directly from the kitchen, choose from:

- Fresh Banana 7
- Dried Fruit 7
- Fresh Mixed Berries 7

ADDITIONAL VITALITY ACCOMPANIMENTS

Nuts 5 Almond, Brazil, Cashew, Hazelnut, Walnut Seeds 6 Wheat
Dried Fruits 7,9

CEREAL

Weetabix 6 Wheat & Barley Kellogg's Fruit & Fibre 5 Coconut & Nut Traces, 6 Wheat
Kellogg's Corn Flakes 6 Barley Kellogg's Special K 6 Barley & Wheat Coco Pops 6 Barley
Homemade Granola 5, 6 Wheat & Oats, 9 Homemade Muesli 5, 6 Wheat & Barley, 9

VITALITY POTS & HOME MADE SEASONAL SPECIALS

Fresh Smoothies 7 Fresh Fruit Salads 7 Yogurts 7 **Please order from your waiter**

HOT BREAKFAST

Grilled Back Bacon Cumberland Sausage 6 Wheat, 9
Grilled Tomatoes 9 Grilled Mushrooms 7 Baked Beans 9 Hash Brown

EGGS

Scrambled Eggs 7, 11 Boiled Eggs Poached Eggs Fried Eggs 11 **Please order from your waiter**

BAKERY *All bakery items may contain nut traces*

White or Brown Bloomer 6 Wheat Sourdough Wholemeal 6 Wheat & Barley
Butter Croissant / Pain au Chocrolait & Pain au Raisin 6 Wheat, 7, 11 Granary Sourdough 6 Wheat & Barley
Lemon Drizzle Loaf 6 Wheat, 7, 11 Madeira Slice Cake 6 Wheat, 11

Served with honey, marmalade and jams

GLUTEN FREE

White or Brown Bread 11 Muffin 7, 8, 11 Madeira Slice Cake 6 Wheat, 11 Granola 11 Oats

PLANT BASED

A selection of vegetarian and vegan items are available on the buffet for you to choose from

DAIRY ALTERNATIVES

Alpro Almond Milk 5 Almond Alpro Soya Milk 8
Alpro Oat Milk 6 Oat Alpro Coconut Milk 5 Nut Trace

ALLERGEN INDEX

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|----------------|------------------------------|-----------------------|-----------------------|-------------|
| 1. Crustaceans | 4. Peanuts | 7. Milk/milk products | 10. Sesame seeds | 13. Mustard |
| 2. Molluscs | 5. Nuts | 8. Soya | 11. Eggs | 14. Lupins |
| 3. Fish | 6. Cereals containing gluten | 9. Sulphur dioxide | 12. Celery & celeriac | |