

BREAKFAST ORDER FORM

Please fill out the form and return to Reception by 5:00pm

Name _____ Room number _____ Date of breakfast _____

SET BREAKFASTS

If desired, simply select and also choose fruit, a hot drink and cold drink:

☐ DAIRY FREE/VEGAN OPTION

- Fruits of the forest Atholl Brose (toasted oats, soya yoghurt and fruits of the forest) (T)
- Fruit croissant (W)(T)
- Butterbean, chickpea, tomato and vegan mozzarella bake (787 kcal)

☐ WHEAT/GLUTEN FREE OPTION

- Fruits of the forest Atholl Brose (toasted oats, soya yoghurt and fruits of the forest) (T)
- Gluten free pancakes with raspberry compote (T)
- Smoked bacon, potato, egg, mozzarella, and spinach bake (D) (594 kcal)

☐ DAIRY/GLUTEN FREE

- Fruits of the forest Atholl Brose (toasted oats, soya yoghurt and fruits of the forest) (T)
- Gluten free pancakes with raspberry compote (T)
- Butterbean, chickpea, tomato, vegan mozzarella bake (558 kcal)

Alternatively, please select one from each of the following sections:

HOT DRINKS

- ☐ Cafetiere coffee
- ☐ Breakfast tea
- ☐ Mixed fruit tea
- ☐ Hot chocolate
- ☐ Earl Grey tea
- ☐ Green tea

- ☐ Decaffeinated coffee
- ☐ Decaffeinated tea
- ☐ Hot water with lemon
- ☐ Lemon and ginger tea
- ☐ Peppermint tea
- ☐ Chamomile tea
- ☐ Cranberry and raspberry tea

COLD DRINKS

- ☐ Orange Juice (67 kcal)
- ☐ Cranberry Juice (74 kcal)
- ☐ Orange, mango, rosehip and goji berry smoothie (110 kcal)

FRUITS

- ☐ Trio of melon (33 kcal) ☐ Satsuma (22 kcal) ☐ Banana (133 kcal) ☐ Grapefruit segments (25 kcal)

CEREALS AND DIARY

- | | |
|---|--|
| <input type="checkbox"/> Bran Flakes (T)(W) (108 kcal) | <input type="checkbox"/> Atholl Brose – toasted oats, honey, yoghurt, and raspberries (T)(D)(W) (425 kcal) |
| <input type="checkbox"/> Weetabix (W) (138 kcal) | <input type="checkbox"/> Low fat natural yoghurt (D) (76 kcal) |
| <input type="checkbox"/> Bircher muesli (D)(W)(N) (216 kcal) | <input type="checkbox"/> Low fat fruit yoghurt (D) (76 kcal) |
| <input type="checkbox"/> Muesli (N)(W) (110 kcal) (110 kcal) | <input type="checkbox"/> Fruit soya yoghurt (143 kcal) |
| <input type="checkbox"/> GF Jumbo Oat Porridge (D) (233 kcal) | <input type="checkbox"/> Blackberry vanilla yoghurt and granola parfait (N)(D)(W) (46 kcal) |
| <input type="checkbox"/> Special K (T)(W) (112 kcal) | |
| <input type="checkbox"/> Vegan granola (N) (127 kcal) | |
| <input type="checkbox"/> Wheat free muesli (N) (129 kcal) | |

MILK OPTIONS

- ☐ Semi-skimmed (D) (47 kcal)
- ☐ Skimmed (D) (33 kcal)
- ☐ Soya (43 kcal)
- ☐ Oat Milk (W) (44 kcal)

BAKERY AND PROTEIN

- ☐ Rustic brown roll (T)(W) (142 kcal) ☐ Dairy-free and gluten-free bread (T) (196 kcal)
- ☐ Classic blueberry muffin (D)(W)(340 kcal) ☐ Double chocolate muffin (D)(W)
- ☐ Selection of Mini Danish pastries (D)(W)(N) (449 kcal) ☐ Croissant (T)(D)(W) (255 kcal)
- ☐ Banana bread (W)(248 kcal)

CONDIMENTS

- ☐ Strawberry jam (76 kcal) ☐ Marmalade (75 kcal) ☐ Honey (81 kcal) ☐ Dairy free spread (68 kcal)
- ☐ Marmite (W) (21 kcal) ☐ Maple syrup (62 kcal)

HOT SECTION

- ☐ American-style pancake with raspberry compote (T)(D)(W) (216 kcal)
- ☐ Smoked bacon, potato, egg, mozzarella, and spinach bake (D)(186 kcal)
- ☐ Naturally smoked haddock, leek, and egg bake (D)(W) (111 kcal)
- ☐ Butterbean, chickpea, tomato and vegan mozzarella bake (150 kcal)

COLD SECTION

- ☐ Ham, tomato, egg and cottage cheese platter (D) (125 kcal)
- ☐ Smoked salmon and rye bread with crème fraîche (T)(D)(W) (164 kcal)

BREAKFAST IN ROOM

- ☐ 7.30-8.00am ☐ 8.00-8.30am

BREAKFAST IN VERANDAH BAR

- ☐ 9.00am ☐ 9.15am ☐ 9.30am