



SAMPLE BREAKFAST MENU

Served in the Verandah Bar between 9:00am – 9:30am

SET BREAKFASTS

Choose from one of the following, then add your choice of fruit, hot drink and cold drink.

Dairy-free/vegan option (783 kcal)

- Fruits of the forest Atholl Brose (toasted oats, soya yoghurt and fruits of the forest) (T)
- Fruit croissant (G/T)
- Mixed bean, smoked paprika, scrambled tofu, crispy onions pot

Dairy free/gluten free (544 kcal)

- Fruits of the forest Atholl Brose (toasted oats, soya yoghurt and fruits of the forest) (T)
- Gluten-free pancakes with raspberry compote (T)
- Mixed bean, smoked paprika, scrambled tofu, crispy onions pot



HOT DRINKS

Cafetiere coffee
Decaffeinated coffee
Taylors of Harrogate English breakfast tea
Taylors of Harrogate English breakfast tea – decaffeinated
Taylors of Harrogate Earl Grey
Taylors of Harrogate pure green tea
Taylors of Harrogate lemon and ginger
Taylors of Harrogate blackberry and raspberry
Taylors of Harrogate peppermint

CEREALS AND DAIRY

Bran Flakes (T/G) (108 kcal)
Weetabix (G) (138 kcal)
Muesli (N/G) (110 kcal)
Jumbo oat porridge (D) (233 kcal)
Special K (T/G) (112 kcal)
Scrumshus vegan gluten free granola (N) (127 kcal)
Wheat-free muesli (N) (129 kcal)
Atholl Brose – toasted oats, honey, yoghurt (T/D/G) (186 kcal)

Wheat/gluten free option (614 kcal)

- Fruits of the forest Atholl Brose (toasted oats, soya yoghurt and fruits of the forest) (T)
- Gluten-free pancakes with raspberry compote (T)
- Chorizo sausage hash with spinach, onion and free-range egg pot (D)

Taylors of Harrogate chamomile
Taylors of Harrogate lemon and orange
Hot water and sliced lemon
Cadbury's hot chocolate

COLD DRINKS

Orange juice (67 kcal)
Cranberry juice (74 kcal)
Orange, mango, rosehip and goji berry smoothie (110 kcal)
Kiwi, spinach cucumber and lime smoothie (49 kcal)

Northiam natural yoghurt (D) (60 kcal)
Northiam dairy fruit yoghurt (D) (64 kcal)
Alpro fruit soya yogurt (143 kcal)
Low fat natural yoghurt with berries & granola (N/D) (46 kcal)
Milk choice:
Semi-skimmed (D) (47 kcal)
Skimmed (D) (33 kcal)
Soya (43 kcal)
Oat Milk (G) (44 kcal)

FRUITS

☐ Rainbow fruit salad (53 kcal)

Whole fruit:

Banana (89 kcal)

Pink Grapefruit Segments (39 kcal)

BAKERY

Trio of mini pastries (D/G/N) (449 kcal)

Butter croissant (T/D/G) (255 kcal)

Rustic wholemeal roll (T/G) (142 kcal)

Banana and chocolate bread (G/D) (248 kcal)

Dairy-free and gluten-free bread (T) (196 kcal)

Blueberry muffin (D/G) (340 kcal)

Chocolate muffin (D/G) (397 kcal)

With choice of:

Tiptree strawberry jam (76 kcal)

Tiptree marmalade (75 kcal)

Tiptree clear honey (81 kcal)

Salted butter (D) (45 kcal)

Plant-based dairy-free butter (68 kcal)

Marmite (G) (21 kcal)

Maple syrup (62 kcal)

HOT SELECTION

American-style pancakes with raspberry compote (T/D/G) (206 kcal)

Chorizo sausage hash with spinach, onion and free-range egg pot (D) (206 kcal)

Smoked salmon, lemon and dill egg-free frittata pot (111 kcal)

Mixed bean, smoked paprika, scrambled tofu, crispy onions pot (126 kcal)

COLD SELECTION

Charcuterie and cheese – baked ham, salami, brie, Emmental, tomato chutney and granary bread (D/G) (196 kcal)

Severn & Wye smoked salmon, cream cheese and sourdough crisp (T/D/G) (184 kcal)

FOOD INTOLERANCE KEY (displayed in brackets)

T – May contain traces of nuts

D – Contains dairy

G – Contains gluten

N – Contains nuts

Please be aware that allergens are handled throughout our business. Some allergens may be listed on our menus but if you have any questions about the presence of food allergens, please ask before ordering. However, it is ultimately your responsibility to ensure that your food choices are suitable for personal consumption.