

# BREAKFAST IN BED

## SAMPLE MENU



### SET BREAKFASTS

Select one option, then add your choice of fruit, hot drink and cold drink.

#### Wheat/gluten free option (614 kcal)

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

#### Gluten free/Dairy free (544 kcal)

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

#### Dairy-free/vegan option (783 kcal)

- Fruits of the forest Atholl Brose (toasted oats, soya yoghurt and fruits of the forest) (T/S)
- Fruit croissant (G/T) (M/C, E / P/S/D/N/Se)
- Mixed bean, smoked paprika, scrambled tofu, crispy onions pot (S)

### HOT DRINKS

Cafetiere coffee

Decaffeinated coffee

Tailors of Harrogate English breakfast tea

Tailors of Harrogate English breakfast tea – decaffeinated

Tailors of Harrogate Earl Grey

Tailors of Harrogate pure green tea

Tailors of Harrogate lemon and ginger

Tailors of Harrogate blackberry and raspberry

Tailors of Harrogate peppermint

Tailors of Harrogate chamomile

Tailors of Harrogate lemon and orange

Hot water and sliced lemon

Cadbury's hot chocolate (M, C, D)

### COLD DRINKS

Orange juice (67 kcal)

Cranberry juice (74 kcal)

Apple Juice (44 kcal)

### CEREALS AND DAIRY

Bran Flakes (G) (T/G) (108 kcal)

Weetabix (G) (138 kcal)

Muesli (N/G/D) (110 kcal)

Jumbo oat porridge (D) (233 kcal)

Special K (G) (M, C S/D) (112 kcal)

Vegan gluten free granola (127 kcal)

Wheat-free muesli (N/S) (D) (129 kcal)

Atholl Brose – toasted oats, honey, yoghurt, raspberries (T/D/G/S) (186 kcal)

Ann Forshaws natural yoghurt (D) (60 kcal)

Dairy fruit yoghurt (D) (64 kcal)

Alpro fruit soya yogurt (S) (143 kcal)

Low fat natural yoghurt with berries & granola (D) (80 kcal)

Milk choice:

Semi-skimmed (D) (47 kcal)

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Soya (S) (43 kcal)

Oat Milk (G) (44 Kcal)

## FRUITS

Pink Grapefruit Segments (39 kcal)

Rainbow fruit salad (53 kcal)

Banana (89 Kcal)

## BAKERY

Trio of mini pastries (D/G/N) ( S/T) (M, C, Se) (449 kcal)

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

Rustic wholemeal roll (G) (M,C,Se) (142 kcal)

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

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

Blueberry muffin (D/G/S/E)(M,C,S) (340 kcal)

Chocolate muffin (D/G/S/E) (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  
(D/G) (206 kcal)

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

Smoked salmon, lemon, dill and egg frittata pot  
(145 kcal) (E) (F)

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

## COLD SELECTION

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

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

## FOOD INTOLERANCE KEY (displayed in brackets)

T – May contain traces of nuts   D – Contains dairy   G – Contains gluten   N – Contains nuts   E - Contains Eggs   M,C - May Contain  
S - Soya   F- Contains Fish   Mu - Contains Mustard   P - Contains Peanuts   Se - Contains Sesame   Su - Contains Sulphites

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.