BREAKFAST IN BED **SAMPLE** MENU

HOT SELECTION

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

Smoked haddock, wilted spinach, grated egg, hollandaise (F/E/D) (278 kcal)

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

BAKERY*

Pain Aux Raisins (E/D/V/G/Se/N/S) (354 kcal)
Butter croissant (E/D/G/V) (255 kcal)
Rustic wholemeal roll (G/Ve) (M.C Se) (142 kcal)
Banana and chocolate bread (G/S) (248 kcal)
Dairy-free and gluten-free bread (E/V) (196 kcal)
Blueberry muffin (D/G/S/E/V) (340 kcal)

With choice of:

Tiptree strawberry jam (Ve) (76 kcal)
Tiptree marmalade (Ve) (75 kcal)
Tiptree clear honey (V) (81 kcal)
Salted butter (D/V) (45 kcal)
Plant-based dairy-free butter (Ve) (68 kcal)
Marmite (G/Ve) (21 kcal)
Maple syrup (Ve) (62 kcal)

***May contain E,S,N,Se due to preparation environments.**

FRUITS

Pink Grapefruit Segments (Su/Ve) (39 kcal)
Rainbow fruit salad (Su/Ve) (53 kcal)
Banana (Ve) (89 Kcal)

HOT DRINKS

200 Degrees Cafetière coffee
200 Degrees Decaffeinated coffee
Birchall English breakfast tea
Birchall English breakfast tea - decaffeinated
Birchall Virunga Earl Grey
Birchall Mao Feng green tea
Birchall lemongrass and ginger infusion
Birchall red berry & flower infusion
Birchall peppermint leaves infusion
Birchall Camomile infusion
Hot water and sliced lemon
Galaxy hot chocolate (D/S)

JUICES

Orange Juice (43 kcal)
Red Berry Juice (10 kcal)
Apple Juice (44 kcal)

COLD SELECTION

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

Goldstein smoked salmon, cream cheese and wholemeal, multigrain crisp (Se/G/F/D/T) (184 kcal)

Beetroot hummus & avocado open sandwich with crunchy seeds, radish and cucumber (G/Se/T) (M.C D,S,E) (306 kcal)

CEREALS AND DAIRY

Bran Flakes (G,Ve) (M,C/ S) (108 kcal)
Weetabix (G/Ve) (138 kcal)
Muesli (N/G/D/V) (110 kcal)
Jumbo oat porridge (T/D/V) (233 kcal)
Special K (G/Ve) (M.C S/D) (112 kcal)
Vegan gluten free granola (Su) (127 kcal)
Wheat-free muesli (N/S/D/V) (129 kcal)
Atholl Brose – toasted oats, honey, yoghurt, raspberries (T/D/G/V) (186 kcal)

YOGHURTS

Estate Dairy Natural Greek Yoghurt (D/V) (166 kcal)
Estate Dairy Fruit Yoghurt (D/V) (160 kcal)
Alpro fruit soya yogurt (S/Ve) (143 kcal)
Low fat natural yoghurt with berries & granola (D/V)

Milk choice:

Semi-Skimmed (D) (47 kcal)
Skimmed (D) (35 kcal)
Soya (S) (43 kcal)
Oat Milk (G) (44 Kcal)

FOOD INTOLERANCE KEY *(displayed in brackets)*

T - May contain traces of nuts
D - Contains dairy
G - Contains gluten
N - Contains nuts
S - Soya
F - Contains Fish
Mu - Contains Mustard
P - Contains Peanuts
Se - Contains Sesame
V - Suitable for Vegetarians
Ve - Suitable for Vegans
Mo – Contains Molluscs
Su - Contains Sulphites
Cr - Contains Crustaceans

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.