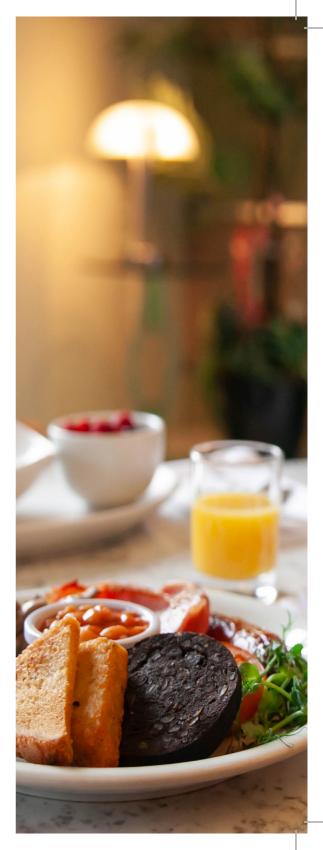


# BREAKFAST GOOD MORNING





# GOOD MORNING

Please help yourself to our cold buffet selection. A choice of tea or coffee and toast will be served at your table.

# BREAKFAST IS SERVED

Monday - Friday 7:00am - 9:30am Weekends & Bank Holidays 7:30am - 9:45am

### COLD BUFFET

Please help yourself from The Buffet Table in the Café Bar Concerto

#### CHILLED FRUIT JUICES

Orange, Grapefruit, Apple, Cranberry

### CEREALS

Alpen, Cornflakes, Special K, Frosties, All-Bran, Rice Krispies, Weetabix, Coco Pops, Granola, Porridge (on request)

## FRUIT

Fresh Fruit Salad, Grapefruit Segments, Stewed Prunes, Selection of Fresh & Dried Fruit

### YOGURT Selection of Fresh Yogurts, Natural Yogurt, Greek Yogurt

PASTRIES Croissants, Danish Pastries, Pain au Chocolat

COLD MEATS & CHEESES Selection of cold meats and cheeses

#### Soya, Almond & Skimmed Milk are available on request

# FROM THE KITCHEN

Inclusive of Continental Cold Buffet Selection We will take your order for your choice of cooked breakfast

#### FULL ENGLISH

Choose Full English or select from the following: Eggs (Fried, Scrambled or Poached) (v), Back Bacon, Locally Produced Pork Sausage, Baked Beans (v), Mushrooms (v), Fried Bread (v), Black Pudding, Grilled Tomatoes (v), Hash Browns (v), Vegetarian Sausages are available on request

#### FISH

Choose from: Kipper, Smoked Salmon, Smoked Haddock Served with your choice of: Fried, Scrambled or Poached Egg

### EGGS ROYALE

Toasted Muffin, Smoked Salmon, Poached Egg, Hollandaise Sauce

## HOT DRINKS

Freshly Brewed Filter Coffee, Decaffeinated Coffee, English Breakfast Tea, Selection of Fruit & Herbal Teas

Room service breakfast is available. Please note a 7.00 tray charge will apply.

#### NON-RESIDENTS

Cold Buffet 7.95 From The Kitchen 12.95



#### FOOD ALLERGIES and INTOLERANCES

Our allergen information is available from our team on request and specifies allergens present by dish and also identifies potential allergen risks as a result of cross contamination. Although we separate ingredients and clean down all work areas and equipment, the presence of allergenic ingredients in our kitchen means we cannot guarantee any of our dishes are 100 % free of those ingredients.



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