

# Breakfast menu

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**Rise and shine**

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# Continental breakfast £11.95

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Whether you need to get up and go, or you want to sit back and get ready to face the day in a leisurely way, our selection of delicious continental breakfast options offer something for everyone.

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## Perfect porridge (v) ♥

Made with your choice of semi-skimmed (304kcal), or soya milk (294kcal), or water (256kcal), & freshly made to order, just ask your server.

## American-style pancake stack (v)

Drizzled with honey & butter, or go authentic with crispy bacon & maple syrup (697kcal).

## Fresh bread selection (v)

Your choice of white (61kcal) or wholemeal (55kcal) rustic bloomer, baguette (121kcal) or Gluten free (136kcal).

## Jams & spreads (v)

Your choice of strawberry, raspberry and reduced sugar apricot jam, orange marmalade, honey & syrups, Nutella®, Marmite, butter & margarine. (kcal is available on wall matrix).

## Our pastries (v)

Your choice of buttery croissant 236kcal), pain au chocolat (288kcal) or pain aux raisins (410kcal).

## Our muffins (v)

Your choice of rich, decadent chocolate (288kcal) or moist fruity blueberry (47kcal).

## Classic cereals (v)

Your choice of granola, muesli (94kcal), Special K(94kcal), Corn Flakes (95kcal), Rice Krispies or Weetabix (69kcal).

## Fresh fruit (v) ♥

Help yourself to our selection of lovely seasonal fruit. (kcal is available on wall matrix).

## Fruit salad (v) ♥

Freshen up with today's selection of freshly prepared juicy, zingy fruit (72kcal).

## Fresh yoghurt (v) ♥

Your choice of organic natural (101kcal), or fruity favourites (141kcal).

## Dried fruits, nuts & seeds (v) ♥

Perfect for a sprinkle. (kcal is available on wall matrix).

## Cheese & charcuterie

Your choice of today's cheese selection, plus sliced ham, salami & turkey. Philadelphia (25kcal each), Emmental (74kcal slice), Sliced ham (30kcal each).

## Fresh bread selection (v) ♥

Your choice of White loaf toast (61kcal), Brown loaf toast (55kcal), Fresh baguette (121kcal), or Gluten free (136kcal).

## Cooked breakfast £15.95

Create your own plate of warming scrumptiousness to set you up for the day. We've got all the classics for you to choose from.

### Eggs (v) ♥

Your choice of fried (110kcal each), scrambled (90kcal each), or boiled (75kcal each) to order, soft, medium or hard.

### Bacon

Freshly grilled back bacon or crisp streaky bacon. (65kcal each).

### Sausages

Your choice of traditional pork (155kcal each) or Cumberland (150kcal each) or Vegetarian (106kcal each), simply grilled.

### Black pudding

Simply grilled slices. (147kcal each).

### Potatoes (v)

Golden rösti hash browns. (83kcal each).

### Mushrooms (v)

Freshly sautéed buttons. (55kcal 50g).

### Baked beans (v)

It wouldn't be a cooked breakfast without them. (86kcal 55g).

### Tomatoes (v)

Lightly browned under the grill. (9kcal each).



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## Drinks

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A choice of the following drinks are included in both breakfast options.

### Fruit juice

Your choice of easy apple (20kcal), fresh orange (56kcal) or tangy cranberry (46kcal).

### Hot drinks

Your choice of coffee (10kcal), tea (2kcal), Decaf coffee (3kcal) or hot chocolate (211kcal)

Ask your server for a choice of hot or cold drinks from Lavazza

FOOD ALLERGIES & INTOLERANCES: before you order your food and drinks please speak to our staff if you would like to know about our ingredients; we cannot guarantee that any food or beverage item sold is free from traces of allergens. | CALORIES: Adults need around 2000 kcal per day.

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**“Morning!  
We’re here to  
help kick start  
your day...”**

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***Holiday Inn***

AN IHG® HOTEL