

# BREAKFAST MENU

## FROM THE BUFFET

### FRUIT JUICES

- Orange 68 Kcal per 200ml
- Grapefruit 66 Kcal per 200ml
- Pineapple 82 Kcal per 200ml
- Cranberry 90 Kcal per 200ml
- Tomato 28 Kcal per 200ml
- Apple 74 Kcal per 200ml

### CEREALS

- Cornflakes 113 Kcal per 30g
- Alpen 270 Kcal per 60g
- Bran Flakes 200 Kcal per 60g
- Rice Krispies 113 Kcal per 30g
- Weetabix 113 Kcal per 40g
- Shredded Wheat 157 Kcal per 47g
- All Bran 160 Kcal per 60g
- Granola 418 Kcal per 100g

### FRUITS

- Grapefruit Segments 35 Kcal per 115g
- Orange Segments 41 Kcal per 115g
- Poached Pears 115 Kcal per 160g
- Fruit Salad 118 Kcal per 200g
- Prunes 174 Kcal per 220g
- Peaches 99 Kcal per 180g

### NATURAL OR FRUIT YOGHURT

Check label for details

### CONTINENTAL PLATTER

- Cheddar Cheese 83 Kcal per 20g
- Blue Cheese 82 Kcal per 20g
- Ham 29 Kcal per 14g
- Prosciutto Crudo 21 Kcal per 10g
- Chorizo 28 Kcal per 7g
- Salami 31 Kcal per 7g
- Melon 12 Kcal per 75g
- Smoked Salmon 37 Kcal per 20g
- Croissants 272 Kcal per 57g

### SELECTION OF PASTRIES

- Raspberry Crown 160 Kcal per 39g
- Cinnamon Swirl 160 Kcal per 39g
- Vanilla Cream 132 Kcal per 32g
- Apple Coronet 169 Kcal per 41g
- Maple Pecan 144 Kcal per 35g

- PORRIDGE** 252 Kcal per 350g  
Available to order

## FISHERMAN'S CHOICE

Grilled Kippers 512 Kcal Per 160g

Smoked Haddock 164 Kcal Per 140g  
Poached in Milk

## JUBILEE GRILL

### CHOOSE FROM THE FOLLOWING:

- Bacon 103 Kcal Per 25g
- Baked Beans 65 Kcal Per 79g
- Sausages (Gf) 121 Kcal Per 64g
- Vegetarian Sausages 204 Kcal Per 100g
- Mushrooms 6 Kcal Per 42g
- Tomato 10 Kcal Per 56g
- Hash Browns 115 Kcal Per 42g
- Fried Bread 80 Kcal Per 16g
- Scrambled Egg 237 Kcal Per 100g
- Poached Egg 67 Kcal Per 50g
- Fried Egg 104 Kcal Per 50g
- Boiled Egg 72 Kcal Per 50g
- Omelettes - Made to order 227 Kcal Per 160g

## BEVERAGES

- English Breakfast Tea
- Freshly Brewed Coffee
- Decaffeinated Tea Or Coffee
- Speciality Teas
- Hot Chocolate

Adults need around 2000 Kcal a day.  
Please inform us of any food allergies  
or special dietary requirements.

  
**B R E N D**  
COLLECTION

HOTELS | RESTAURANTS | SPAS