

*Holiday Inn*

# BREAKFAST



TEA  
OR  
COFFEE?

## CONTINENTAL BREAKFAST

----- £10.95 -----

*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!*

### PERFECT PORRIDGE V (233 kcal per serving)

Made with your choice of semi-skimmed, soya milk, or water and freshly made to order. Just ask your server

### BUTTERMILK PANCAKES V (255 kcal per serving)

Drizzled with honey and butter, or go authentic with crispy bacon and maple syrup

### FRESH BREAD SELECTION V

Your choice of white (144 kcal per slice) or wholemeal rustic bloomer (144 kcal per slice) or baguette (119 kcal per slice)

### JAMS & SPREADS V

Strawberry jam (50 kcal per serving), orange marmalade (49 kcal per serving), hazelnut spread (82 kcal per serving), clear honey (47 kcal per serving), peanut butter (95 kcal per serving)

### OUR PASTRIES V

Freshly baked croissants (197 kcal each), pain au chocolate (99 kcal each), pain au raisin (87 kcal each)

### OUR MUFFINS V

Chocolate (136 kcal each) or moist blueberry (109 kcal each)

### CLASSIC CEREALS V

Your choice of granola (192 kcal per serving), corn flakes (151 kcal per serving), GF corn flakes (93 kcal per serving), coco pops (153 kcal per serving), bran flakes (105 kcal per serving), frosties (150 kcal per serving), muesli (147 kcal per serving), weetabix (64 kcal per serving)

### FRESH FRUIT V

Help yourself to our selection of lovely seasonal fruit

### FRUIT SALAD V (102 kcal per serving)

Freshen up with today's selection of lovely seasonal fruit

### FRESH YOGHURT V

Your choice of organic natural (64 kcal per pot) or fruity favourites (126 kcal per pot)

### SELECTION OF CHEESE V

Your choice of cheddar (82 kcal per slice), Emmental (78 kcal per slice) or Philadelphia (38 kcal per slice)

### SELECTION OF COLD MEAT

Your choice of Ham (46 kcal per slice), Turkey (40 kcal per slice) and Chorizo (77 kcal per slice)

ENJOY WITH  
A MORNING  
BREW

## COOKED BREAKFAST

----- £14.95 -----

*A delicious and hearty breakfast full of all the classics you know and love*

### EGGS V

Your choice of scramble (101 kcal per serving), fried eggs (155 kcal each) or cooked to order boiled (75 kcal each), poached (75 kcal each) or 2 egg omelette (135 kcal)

### BACON

Freshly grilled back bacon (133 kcal each)

### SAUSAGES GF V&A

Simply grilled to your liking (250 kcal each)

### BLACK PUDDING

Simply grilled slices (164 kcal each)

### HASH BROWNS V

Crisp and golden brown (166 kcal each)

### TOMATOES V

Lightly browned under the grill (11 kcal per 100g)

### MUSHROOMS V

Freshly sauteed buttons (45 kcal per spoon)

### BAKED BEANS V

It wouldn't be a cooked breakfast without them (43 kcal per serving)

## DRINKS

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

### FRUIT SMOOTHIE (92 kcal per serving)

Ask your server for today's choice

### FRUIT JUICE

Your choice of easy apple (90 kcal per glass) or fresh orange (44 kcal per glass)

Please inform a member of staff before dining if you have a food allergy or intolerance. All food is prepared in an area where allergens are present. V Vegetarian. VB Vegan. V&A Vegan available. GF Gluten Free. GF\* Gluten Free available. 24 Available 24 hours a day.

\*Approximate uncooked weight. A 10% discretionary service charge will be added to your bill. Prices include VAT.

Adults need around 2000 kcal a day.