

Your wake up call...



This includes:



Unlimited
from our continental
breakfast



Unlimited
from our cooked
breakfast



Unlimited
drinks

Continental Breakfast

Cereals

Porridge V (238kcal per serving, milk not included)

Granola V (217kcal per 45g)

Gluten-Free Muesli V
(182kcal per pack)

Cornflakes V (116kcal per 30g)

Weetabix VE (136kcal per pack)

Yoghurt

Greek Yoghurt V
(129kcal per 125g)

Strawberry Yoghurt v
(87kcal per 125g)

Fruits

A Selection of Whole Fruits v

Fruit Berry Mix* VE
(49kcal per 100g)

Fresh Fruit Salad* VE
(62kcal per 100g)

Bakery

Toast VE

Choose from White (120kcal per slice) or Malted Brown Bread (127kcal per slice), or Gluten-Free Bread (205kcal per slice)

Blueberry Muffin v (169kcal)

Croissant v (183kcal)

Pain Au Chocolat V (172kcal)

Pancakes V (96kcal per pancake)

Preserves & Spreads

Hazelnut Chocolate Spread v (81kcal)

Sunflower Spread VE (43kcal)

Marmalade VE (48kcal)

Honey v (61kcal per 20g)

Assorted Jam VE (48kcal)

Marmite VE (21kcal)

Maple Syrup VE (63kcal per 20g)

Peanut Butter VE (97kcal)

Cooked Breakfast

Back Bacon (82kcal per rasher)

Pork Sausage
(161kcal per sausage)

Vegan Bacon VE
(59kcal per rasher)

Vegan Sausage VE
(99kcal per sausage)

Baked Beans VE
(148kcal per spoon)

Scrambled Egg v
(350kcal per spoon)

Hash Browns VE
(100kcal per hash brown)

Unlimited drinks

Orange Juice Blend VE
(48kcal per 100ml)

Apple Juice VE (47kcal per 100ml)

Cranberry Juice VE
(20kcal per 100ml)

Alpro Soya Drink VE
(42kcal per 100ml)

Semi Skimmed Milk v
(46kcal per 100ml)

Caffe Latte (97kcal)

Espresso (4kcal)

Cappuccino (93kcal)

Flat White (57kcal)

Americano
(Black 6kcal, with 95ml milk 50kcal)

PG Tips

Please see our Drinks Menu for full range and calorie information

Adults need around 2,000kcal a day. Children between 5-10 years old need around 1,800kcal a day.

Our dishes are prepared in kitchens where allergen cross-contamination may occur; please inform your server of any allergies. Menu descriptions may not list all ingredients, and substitutions may occur – check current allergy information online and confirm with your server. V Suitable for vegetarians. **VE** Suitable for vegans and vegetarians. Our vegan and vegetarian dishes are made to a vegan or vegetarian recipe, but we cannot guarantee that they are suitable if you have a food allergy. Please refer to our allergen information if you have a specific requirement. Calorie information is based on the average serving size and is correct at the time of printing. These may vary with substitution. All food weight is based on uncooked approximates. *Fruit stones. Prices are inclusive of VAT. Images for illustration purposes only. Management may change or withdraw offers without notice. If you choose to leave a gratuity to thank your server, we want you to know that this goes straight to the person serving you today, in full. Promoter: Whitbread Group PLC, PO Box 777, Dunstable LU5 5XE.

