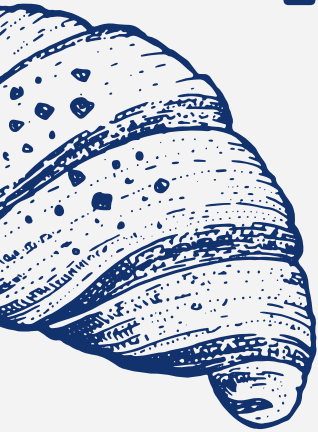




START THE DAY RIGHT



EXPRESS START™ BREAKFAST

FRESH START

V ALL BUTTER CROISSANT (197 kcal)

ve BREAD SELECTION

White bloomer slice (157 kcal)

brown bloomer slice (165 kcal)

GFA Gluten free option available

V MUFFIN

Chocolate (130 kcal)

Blueberry (110 kcal)

JAMS & SPREADS

V **GF** Nutella (80 kcal per 2 tsp)

ve Marmite (26 kcal per 1 tsp)

V **GF** Butter (56 kcal per portion)

V KELLOGG'S CEREALS (Ask for kcal)

GFA Gluten free option available

MILK

V **GF** Whole (158 kcal)

V **GF** Semi-skimmed (105 kcal)

ve **GF** Soya (83 kcal)

V GRANOLA (209 kcal per 50gr)

V **GF** NATURAL YOGHURT (64 kcal per 2 spoons)

ve **GF** FRESH FRUIT

ve **GF** FRUIT COMPOTE (67 kcal per 2 spoons)



FEELING THIRSTY?

JUICES (83kcal per 200ml)

TEA SELECTION (14 kcal)

English breakfast, a selection of herbal and fruit teas

FRESH COFFEE

Latte (123 kcal), Cappuccino (96 kcal),

Black (2 kcal), Decaf (2 kcal)



HOT START

BUILD YOUR OWN BAP

ve FLOURED BAP (203 kcal)

GFA Gluten free option available

V **GF** SCRAMBLED EGGS

(143 kcal per 2 spoons)

ve **GF** BAKED BEANS (74 kcal per 2 spoons)

GF BACON (60 kcal per rasher)

CUMBERLAND SAUSAGE

(100 kcal per sausage)

ve **GF** VEGAN CUMBERLAND SAUSAGE

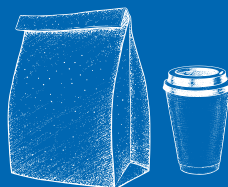
(149 kcal per sausage, on request)

ve **GF** HASH BROWNS (86 kcal each)

ve **GF** COOKED TOMATOES (5 kcal each)

V **GF** MOMA PORRIDGE (233 kcal)

Also available on request: dairy-free spread, dairy-free milk alternatives and sugar-free Alpen.



IN A HURRY?

We've got **Grab & Go** cups and bags for your hot drinks, fruit and pastries.

V Suitable for vegetarians **ve** Suitable for vegans

VEA Vegan option available **GF** Gluten Free

GFA Gluten Free option available

FOOD ALLERGIES & INTOLERANCES:

If you have any dietary requirements or require any information on any of the 14 declarable food allergens, then please speak to a member of our team before ordering. Please note that we store, handle and prepare a range of ingredients that contain food allergens and cannot guarantee that our dishes are allergen free due to the potential of cross-contamination.

Adults need around 2000 kcal a day.