

### CONTINENTAL

We welcome you to our self service continental breakfast bar.

FRESH FRUIT JUICE orange, apple, cranberry, filtered iced water

CHOICE OF KELLOGG'S BREAKFAST CEREALS cornflakes, branflakes, rice crispies, weetabix, alpen, cocopops

BAKERY croissants, danish pastries, homemade muffins, homemade bread, homemade granola

CONSERVES & SPREADS selection of tiptree jams, honey & marmalade, nutella, marmite, flora, salted butter

FRESH FRUIT homemade tropical fruit salad, selection of whole seasonal fruits

DAIRY semi skimmed milk, anne forshaw's fruit & plain yoghurts

# To Prink

ENGLISH BREAKFAST TEA A SELECTION OF FRUIT & HERBAL TEAS CAFETIERE OF FARRER'S DAFFODIL BLEND COFFEE

Want an extra hour in bed? Then try our in-room breakfast option - Room service. Please order this with Reception.

Please feel free to discuss any allergies with our team, we are more than happy to assist you with your selection.

# HOT BUFFET

PINKS OF STAVELEY AWARD WINNING PORK SAUSAGE PRIME BACK RINDLESS BACON GRILLED VINE TOMATO FLAT CAP MUSHROOMS HASH BROWNS BAKED BEANS

FREE RANGE EGGS FRIED OR SCRAMBLED.

#### FROM THE KITCHEN

SCOTT'S PORRIDGE OATS berry compote & honey

WARM BUTTERMILK PANCAKES fruit compote & maple syrup

PORT OF LANCASTER SMOKED SALMON & SCRAMBLED EGGS served on homemade multi-seed bread (£4)

FREE-RANGE POACHED EGGS

BURY BLACK PUDDING

## FREE FROM

GLUTEN & DAIRY FREE TOAST

GLUTEN AND DAIRY FREE BAPS

DAIRY FREE SPREAD

VEGETARIAN SAUSAGES

GLUTEN & DAIRY FREE PORK SAUSAGE

GLUTEN FREE OAT MILK, SOY MILK, ALMOND MILK