

Holiday Inn

BREAKFAST



TEA
OR
COFFEE?

CONTINENTAL BREAKFAST

----- £16.95 -----

*However you like to start your day, we've got something for you.
That's the joy of a continental breakfast, you decide where to begin!*

FRUIT AND COMPOTES v

Fruit Salad, Red & Green Apples, Bananas, Oranges,
Mixed Seasonal Berries, Prunes

YOGHURT v (92kcal per portion)

A choice of natural or fruit yoghurt

SELECTION OF CEREALS

KELLOGG'S CORN FLAKES (387 Kcal per 100g)

KELLOGG'S RICE KRISPIES (383 Kcal per 100g)

KELLOGG'S FROSTIES (375 Kcal per 100g)

SPECIAL K (375 Kcal per 100g)

COCO POPS (382 Kcal per 100g)

WEETABIX (362 Kcal per 100g)

MUESLI (354 Kcal per 100g)

ALPEN (369 Kcal per 100g)

BRAN FLAKES (359 Kcal per 100g)

COLD MEATS & CHEESE

HAM (116 Kcal per 100g)

SALAMI (369 Kcal per 100g)

TURKEY (117 Kcal per 100g)

BABY BEL (295 Kcal per 100g)

MIXED CHEESE PORTIONS (RED

LEICESTER, GLOUCESTER & CHEDDAR)

(415 Kcal per portion)

PHILADELPHIA (226 Kcal per 100g)

BAKERS BASKET

FRUIT DANISH (35 Kcal per portion)

CROISSANT (35 Kcal per portion)

PETIT PAN (50 Kcal per portion)

PAN AU CHOCOLATE (35 Kcal per portion)

WHITE BLOOMER (242 Kcal per 100g)

BROWN BLOOMER (218 Kcal Per 100g)

MULTI SEED BLOOMER (242 Kcal per 100g)

GLUTEN FREE BREAD available on request

PRESERVES AND SPREADS

FRUIT JAMS

STRAWBERRY (263 Kcal per 100g)

RASPBERRY (262 Kcal per 100g)

MARMALADE (262 Kcal per 100g)

HONEY (307 Kcal per 100g)

MARMITE (260 Kcal per 100g)

NUTELLA (539 Kcal per 100g)

BUTTER (738 Kcal per portion)

FLORA (531 Kcal per 100g)

REDUCED SUGAR JAM AVAILABLE

These are the items included in our breakfast buffet. If you have any additional requests, please ask your waiter who will be happy to help you. If you would like assistance or prefer to be served at your table, please do not hesitate to ask a team member.

ENJOY WITH
A MORNING
BREW

COOKED BREAKFAST

£16.95

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

BACON (43 Kcal per slice)

Unsmoked rindless back bacon

SAUSAGES (186 Kcal per sausage)

Premium pork sausages, simply grilled

BLACK PUDDING (120 Kcal per slice)

Simply grilled slices

TOMATOES (32 Kcal per portion)

Lightly browned under the grill

SCRAMBLED EGG (100 Kcal per portion)

Lightly seasoned and scrambled

MUSHROOMS (160 Kcal per portion)

Freshly sautéed buttons

HASH BROWNS (171 Kcal per portion)

PANCAKES (33 Kcal per portion)

COOKED TO ORDER

BOILED EGGS (100 Kcal per portion)

POACHED EGGS (100 Kcal per portion)

FRIED EGGS (100 Kcal per portion)

PORRIDGE (374 Kcal per portion)

KIPPERS (121 Kcal per portion)

VEGETARIAN SAUSAGE (118 Kcal per sausage)

DRINKS

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

FRUIT JUICE (V) **YOUR CHOICE OF:**

ORANGE JUICE

(43Kcal per portion)

APPLE JUICE (43Kcal per portion)

CRANBERRY JUICE

(42Kcal per portion)

FRESHLY GROUND COFFEE

A variety of options including Latte, Cappuccino, Espresso, Americano, Flat White, Hot Chocolate, Mocha, Decaf and Hot Water

STILL & SPARKLING MINERAL WATER

TEA / INFUSIONS

English Breakfast, Earl Grey, Green Tea, Peppermint Tea, Strawberry & Raspberry Tea, Camomile & Decaf Tea

SEMI-SKIMMED MILK

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. (Ve) Vegan. (Vn) Vegan available. (GF) Gluten Free. (GFA) 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.



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AN IHG HOTEL