

NON - GLUTEN CONTAINING INGREDIENTS MENU

The dishes on this section of the menu are made with ingredients which do not contain gluten. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten free.

TO START

White toast
butter, preserves

FRUIT ^v

Prunes
natural yoghurt

Fresh fruit salad

Pink grapefruit
brown sugar and fresh raspberries

CONTINENTAL

Meat & cheese

Cured meat platter with
Cheddar cheese & Brie
bread roll, butter

SMOOTHIES

Kale & Coconut ^v
mango, apple,
natural yoghurt

Exotic Mix ^{ve}
mango, pineapple,
passion fruit, orange

COOKED BREAKFAST

Full English

Bacon, mushroom, roasted tomato, baked beans,
scrambled or fried egg, toast

Vegan ^{ve}

Sweet potato falafel, crushed avocado,
mushrooms, roasted tomato,
scrambled tofu

3 egg omelette

choose your own filling

Mushroom / Mature Cheddar

Honey roasted ham / Tomato / Spring onion

Smoked salmon / Spinach

CLASSICS

Scrambled tofu

spring onion, chilli, spinach,
toasted white bread,
crushed cashew nuts

Bacon loin, avocado & fried eggs
spinach, roasted tomatoes, mushrooms

Grilled kippers, parsley butter & lemon

^v - Suitable for vegetarians ^{ve} - Suitable for vegans

Some of our dishes can be adapted to suit your dietary requirements - please speak to your Host

If you require information regarding the presence of allergens in any of our food or drink please ask a member of our team before placing your order even if you have dined with us previously. We take great care to prevent cross-contamination when preparing your food, however, please be aware that all our dishes are prepared in kitchens where all known allergens are present, therefore we cannot guarantee that any food item is completely free from allergens. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten free. Full allergen information on the ingredients in the food we serve is available upon request - please speak to a member of the team for assistance when ordering. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. BREAK/2021



MARKET KITCHEN

BREAKFAST



Your safety and well being is vitally important to us. With this in mind, all our menus are treated with an anti-bacterial coating, eliminating 99% of bacteria. Please remember to wash your hands thoroughly for at least 20 seconds after your meal.

WARNERLEISUREHOTELS

T O S T A R T

Tea & coffee

•
White or brown toast ✓

served with butter and preserves

•
Orange, red berry or apple juice

S M O O T H I E S

Kale & coconut ✓

mango, apple, natural yoghurt

Exotic Mix ✓

mango, pineapple, passion fruit, orange

O A T S

Porridge ✓

with your choice of topping

brown sugar / honey / sultanas / almonds / golden syrup

•
Overnight oats ✓

soya, cinnamon, blueberry, prunes

•
Granola

natural yoghurt, fruit compote, fresh berries

F R U I T ✓

Fresh fruit salad

•
Pink grapefruit

brown sugar, fresh raspberries

•
Prunes

natural yoghurt

C O N T I N E N T A L

Cereals ✓

*served with semi-skimmed milk
almond, skimmed or soya also available*

**Muesli / Weetabix® / Rice Krispies®
Bran Flakes / Corn Flakes® / Special K®**

Meat & cheese

Cured meat platter with Cheddar cheese & Brie
crusty bread, butter

Bakery ✓

Croissant, chocolate & fruit pastries
brown and white bread rolls

*also available to share
served with butter and preserves*

3 egg omelette

choose your own filling

**Mushroom / Mature Cheddar
Honey roasted ham / Tomato / Spring onion
Smoked salmon / Spinach**

P A N C A K E S ✓

Two buttermilk pancakes cooked to order

*served with a choice of fresh fruits, berry
compote, lemon, sugar or natural yoghurt*

C O O K E D B R E A K F A S T

E G G S A S Y O U L I K E T H E M ✓

Poached / Scrambled / Fried
on white sourdough or malted bloomer toast
why not add bacon, sausage, tomato or beans?

F U L L E N G L I S H

**Bacon, Cumberland sausage,
roasted tomato, hash browns, mushrooms,
baked beans, black pudding slice, fried bread**
plus eggs as you like them

F U L L E R E N G L I S H

**Three rashers of bacon, two Cumberland sausages,
roasted tomato, three hash browns, mushrooms,
baked beans, two black pudding slices, fried bread**
plus eggs as you like them

V E G E T A R I A N ✓

**Vegetarian sausages, roasted tomato,
spinach, baked beans, hash browns,
mushrooms plus eggs as you like them or add
scrambled tofu**

V E G A N ✓

**Sweet potato falafel, crushed avocado,
mushrooms, roasted tomato,
scrambled tofu, sourdough toast**

C L A S S I C S

The Benedicts

Eggs Royale or Benedict

choose from honey roasted ham or smoked salmon,
toasted muffin, poached eggs, spinach,
hollandaise sauce

Mushroom Benedict ✓

baked portobello mushroom, poached eggs, spinach,
hollandaise sauce

Smoked haddock & poached eggs

Scrambled tofu ✓

spring onion, chilli, spinach, toasted white bread,
crushed cashew nuts

Bacon loin, avocado & poached eggs

spinach, roasted tomatoes, mushrooms

Grilled kippers, parsley butter & lemon

H O T D R I N K S

Smith's of London

Hand-crafted. Artisan roast. Master blenders.
Fairtrade speciality coffees & teas... since 1936.

*add any coffee syrup for 40p
we offer a selection of milk alternatives at no extra cost
almond • coconut • soya*

Espresso
regular 2.4 large 2.8

Cappuccino
regular 3.1 large 3.5

Latte
regular 3.1 large 3.5

Macchiato
regular 2.8