

Market Kitchen

BREAKFAST

TO START

Juices v
Orange 51kcal, **Apple** 43kcal,
Cranberry 21kcal

Tea & coffee
Tea 0kcal,
Coffee 1kcal

Toast v
Served with butter and preserves.
White 400kcal, **Brown** 412kcal

HOT DRINKS

Speciality hot drinks will be added to your room account.

Latte
Small 109kcal **4.25**, **Regular** 113kcal **4.45**

Americano
Small 1kcal **3.95**, **Regular** 2kcal **4.15**

Mocha
Small 123kcal **4.75**, **Regular** 139kcal **4.95**

Cappuccino
Small 95kcal **4.25**, **Regular** 102kcal **4.45**

Espresso
Small 1kcal **3.15**

Chai Latte
Regular 186kcal **4.45**

Flat White
Small 105kcal **4.15**

Caramel Latte
Regular 157kcal **4.95**

Dirty Chai Latte
Regular 163kcal **4.95**
With Espresso.

CONTINENTAL TABLE

Cereals v
Served with semi-skimmed milk.
Bran Flakes 303kcal
Corn Flakes® 318kcal
Muesli 302kcal
Weetabix® 309kcal
Bircher muesli v
Apple, yoghurt, coconut,
cinnamon. 362kcal

**Granola, yoghurt
& fruit compote** v
91kcal

Bakery v
Croissant 298kcal
Chocolate & fruit pastry 335kcal
Butter 92kcal
Preserves 96kcal

Fresh fruit salad v Ve
58kcal

Fresh grapefruit v Ve
36kcal

Prunes v Ve
In juice. 89kcal

Whole fruit v Ve
Orange 72kcal
Apple 64kcal
Banana 33kcal

Green refresher v
Kale, coconut, mango,
apple, natural yoghurt.
47kcal

Morning zinger v Ve
Mango, pineapple,
passion fruit, orange.
31kcal

FULL ENGLISH BREAKFAST

Bacon 163kcal, Cumberland sausage 163kcal, roasted tomato v Ve 70kcal, baked beans v Ve 113kcal,
hash brown v Ve 576kcal, mushrooms v Ve 68kcal, fried egg v 203kcal, scrambled egg v 255kcal, poached egg v 39kcal

Porridge v
With your choice of topping:
Plain 299kcal
Brown sugar 339kcal
Sultanas 358kcal
Honey 350kcal

Pancakes v
Two pancakes.
With your choice of topping:
Plain 285kcal
Fruit compote 323kcal
Lemon 287kcal
Sugar 299kcal

Meat & Cheese
Cured meat platter with
Cheddar cheese, Brie,
crusty bread, butter.
860kcal

Freshly cooked omelette
Choose your own filling:
Plain v 281kcal
Ham 237kcal
Cheese v 257kcal
Tomato v 218kcal
Mushroom v 299kcal

Vegetarian breakfast
Vegetarian sausage, roasted tomato,
sautéed spinach, baked beans,
hash brown, mushrooms.
With your choice of egg:
Fried egg 658kcal
Scrambled egg 712kcal
Poached egg 494kcal
Ve Vegan option available 920kcal

Chef's Special
Please ask your host. (daily changing)



Food allergy or intolerance?

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 and there is also risk of allergen cross contamination through shared cooking equipment e.g. fryers. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten free. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. If you have a food allergy or intolerance, or just want more detail about the ingredients in our food and drinks including calories - please let our team know or scan the QR code to find out more. MK BREAKFAST RUN 2024

Adults need around 2,000kcal a day