

To enjoy a quick service for breakfast, we invite you to help yourself to the selection of juices, fresh fruits and bakery, compotes and hot grill items from the buffet at your leisure.

Should you wish to order anything from the Kitchen or Signature Breakfast sections, along with your order of tea, coffee and toast please speak to one of the waiting staff.

Alternatively, to allow for a more relaxed service, your waiting staff will be pleased to take your breakfast order for hot & cold food and serve it at your table.

Room Service Should you require breakfast to be served in your room, please note a £5 per person room service charge will apply. Guests on Room Only basis: £18.50

From the Kitchen

Smoked Haddock & Poached Eggs GF 303 kcal F, E

Grilled Fish of the Day GF From 356 kcal F, D

Fresh Porridge Oats GF? 348 kcal G, D

Omelette GF from 227 kcal E, D Choose from: Cheese D | Ham su | Mushroom | Onion | Pepper | Tomato

Vegetarian Breakfast V 637 kcal G, E, D, C Vegetarian Sausages, Poached Eggs, Beans, Mushrooms, Hash Browns and Tomato

Vegan Breakfast VE 488 kcal G, C Vegan Sausages, Beans, Mushrooms, Hash Browns and Tomato

Signature Breakfast *Additional supplements to below items applies to all guests. Guests on Room On	ly basis
will be charged £18.50 plus any supplement charges. Eggs Benedict GF? 743 kcal G, D, E, SO, SU Warm Toasted Muffin, Streaky Bacon, Hollandaise Sauce	*£8.00
Smoked Salmon & Scrambled Eggs GF 382 kcal E, F, D	*£8.00
Champagne Breakfast GF 472 kcal E, F, D Scrambled Eggs & Smoked Salmon, plus a glass of Champagne & Orange Juice	
(Supplement of £15 per person if on breakfast inclusive terms, £33 if room only)	

Beverages

Choose from our selection of milks including semi-skimmed, oat, almond & soya.

English Breakfast Tea Decaffeinated Tea & Coffee Speciality Teas & Infusions Hot Chocolate

Freshly Brewed Coffee

GF Gluten Free GF? Can be Gluten Free (please ask) V Vegetarian VE Vegan VE? Can be Vegan (please ask)

D DAIRY G GLUTEN M MUSTARD E EGG MO MOLLUSCS CR CRUSTACEAN C CELERY N NUTS F FISH SU SULPHUR DIOXIDE S SESAME SO SOYA P PEANUTS L LUPIN

Adults need around 2000 Kcal a day. Our dishes may contain traces of allergens. Please let us know if you have any allergens or special dietary requirements. Whilst we do our utmost to accommodate our guests, we cannot guarantee any dish will be completely allergen free.

The Continental Buffet

Fruit Juices GF, VE per 200ml

Orange 94 kcal | Grapefruit 84 kcal | Pineapple 107 kcal | Cranberry 98 kcal Tomato 38 kcal | Apple 96 kcal | Iced Milk GF 98 kcal per 200ml D

Cereals

Cornflakes V 113 kcal per 30g G | Alpen V 167 kcal per 45g G, D, N Coco Pops V 135 kcal per 35g G | Crunchy Nut V 139 kcal per 35g G, P Frosties V 131 kcal per 35g G | Rice Krispies V 86 kcal per 22g G Weetabix V 24 kcal per individual packet G | Granola V 204 kcal per 50g G Special K V 118 kcal per 30g G | Bran Flakes V 107 kcal per 30g G Mixed Nuts GF, VE 405 kcal per 60g N

Fruits GF, VE

Grapefruit Segments 60 kcal per 100g | Poached Pears 62 Kcal per 100g Fresh Fruit Salad 134 Kcal per 100g | Prunes 111 kcal per 100g Peaches 82 kcal per 150g | Figs 142 kcal per 200g

Natural or Fruit Yoghurt GF Check label for details D

West Country & Continental Cheeses

Emmental Cheese GF, V 74 kcal per 20g | Cornish Yarg GF, V 75 kcal per 20g Applewood Cheese GV, V 82 kcal per 20g | Charcuterie GF kcal varies daily

The Bakery

Freshly Baked Artisan Breads V 166 kcal G, D, SO, S

Warm Croissants V 195 kcal G, E, D

Morning Pastries v

Mini Pecan Plait 180 kcal G, E, D, N | Mini Raspberry Crown 150 kcal G, E, N Mini Vanilla Crème Crown 140 kcal G, D, N | Mini Cinnamon Swirl 170 kcal G, E, D Mini Apple Coronet 150 kcal G, E | Mini Pain Au Chocolate 119 kcal G, E, D, SO

Muffins v

Blueberry 112 kcal G, D, E | Double Chocolate 122 kcal G, D, E, SO

Butter Milk Pancakes V Maple Syrup, Mixed Berries 254 kcal G, E, D

Hot Belgian Waffles v

Mixed Berries, Maple Syrup 561 kcal G, E, SO

The Great West Country Breakfast Buffet

Choose from the following:

Crispy Bacon GF 72 kcal per 25g SU

West Country Pork Sausages GF? 179 kcal per 65g G, D, SU

Fried Bread VE, GF? 95 kcal per 19g G

Baked Beans GF, VE 101 kcal per 60g

Hash Brown Potatoes GF, VE 118 kcal per 48g

Button Mushrooms GF, VE? 47 kcal per 44g D

Grilled Tomatoes GF, VE 20 kcal per 100g

Cornish Hog's Pudding 52 kcal per 45 g G

Black Pudding 77 kcal per 45g G, C

Free Range Eggs

Choose from: Poached GF, V 67 kcal E, SU | Fried GF, V 104 kcal E Scrambled GF, V 244 kcal per 100g E, D | Boiled GF, V 74 kcal E

