

BREAKFAST MENU

KEEPERS
BAR

FAIRWAYS
RESTAURANT

COOKED BUFFET SELECTION

Make your choice from the below:

Lincolnshire sausage (120kcal each)
(vegetarian sausages available upon request) (V) (GF)

Back bacon (68kcal each)

Hash browns (VG) (GF) (250kcal each)

Fried egg (V) (GF) (92kcal each)
(poached (68kcal each) & scrambled (37kcal) available upon request) (V) (GF)

Baked beans (V) (VG) (105kcal)

Grilled tomato halves (V) (GF) (8kcal each)

Mushrooms (V) (48kcal)

FRESHLY COOKED ITEMS AVAILABLE TO ORDER

Please allow additional time for these to be cooked especially during busier mornings.

Grilled black pudding (363kcal per 100g)

Toasted crumpet (V) (89kcal each)

French toast (V) (221kcal each)

Omelette with bacon (GF) (380kcal)

Omelette with cheese (V) (GF) (269kcal)

Omelette with tomato (V) (GF) (260kcal)

Porridge (V) (55kcal)

Fried bread (V) (229kcal each)

BREAKFAST ITEMS WITH SUPPLEMENT

Poached haddock (110kcal) +£3.50

Open bagel with smoked salmon & cream cheese (453kcal) +£2.00

Buttermilk pancakes with honey & fresh berries(V) (637kcal) +£1.50

(V) - Vegetarian

(VG) - Vegan

(GF) - Gluten Free

The recommended daily calorie intake is 2000-2200kcal.

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CONTINENTAL SELECTION

Please help yourself to the below:

Orange juice (112kcal per half pint)

Apple juice (112kcal per half pint)

Cranberry juice (112kcal per half pint)

Iced water (0kcal)

Toast with a choice of white (64kcal), brown (64kcal) or gluten free (90kcal) bread

Preserves:

(fruit (78kcal) / marmalade (75kcal) / honey (81kcal) / Marmite (21kcal per 8g portion))

Croissant (V) (231kcal)

Pain au chocolate (V) (280kcal)

A selection of cereals (V) (VG):

(Crunchy Nut (143kcal) / Fruit 'n Fibre (135kcal) / Coco Pops (135kcal) / Special K (131kcal)
/ Frosties (131kcal) / Corn Flakes (132kcal) / Rice Crispies (134kcal) / Alpen (143kcal)
Weetabix (134kcal per pack pf 2)

A selection of yoghurts (V):

(fat free plain (45kcal) / fat free natural (52kcal) / apricot (128kcal) / toffee (125kcal)
/ strawberry (136kcal) / blackcurrent (130kcal)

Fresh fruit selection (VG)

Salami (40kcal per slice)

Sliced Monterey Jack cheese (V) (105kcal per slice)

Melon segments (V)

Prunes (V) (240kcal per 100g)

HOT BEVERAGES

Freshly brewed tea & coffee will be served to your table after being sat.

If you require decaffeinated tea or coffee or any herbal/fruit teas,
please ask your server at the time of ordering your hot drinks.

On busier mornings a self service hot drink station maybe in use but a
team member will advise on the day.

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