GOOD MORNING Classic Breakfast Selection LAKESIDE HOTEL & SPA www.classiclodges.co.uk



Classic Continental Selection

A selection of freshly prepared wholemeal or white toast (105 cals)

Beverages

Freshly-brewed coffee • a selection of teas including:-English Breakfast • Earl Grey • Darjeeling • Herbal Teas (Coffee/Teas 0 cals, Milk 5 cals) Speciality Coffees £1.95 supplement

We hope that you enjoy your breakfast, if you have any individual requests, please do ask a member of staff and we will be happy to help. Breakfast is charged to non resident guests at £19.95

From the buffet

Orange, grapefruit (9 cals), apple juice (10 cals), Cranberry (4 cals) and tomato juice (9 cals) are available on request Freshly baked croissant (197 cals), Danish pastries (138 cals), Blueberry Muffin (121 cals) preserves (75/81 cals) and spreads (52 cals) Slices of fruit (33cals), prunes in syrup (105 cals), fresh fruit salad (13 cals), compotes (7 cals), and yoghurts (64/109 cals)

Our classic cereals selection includes favourites such as:

Weetabix (109 cals), Branflakes (108 cals), Cornflakes (113 cals), Rice Krispies (115 cals), Muesli (111 cals), Granola (481 cals)

A selection of cold cooked meats and cheese

(cooked meat 35 cals. Salami 98 cals. mixed cheese 82 cals. cheese slice 85 cals)





From the kitchen

Traditional English Breakfast

Bacon (116 cals), Cumberland sausage (129 cals), Grilled tomato (6 cals), Baked beans (116 cals), Grilled mushroom (116 cals)

> Your choice of scrambled (197 cals), poached (66 cals), fried (109 cals) or boiled (66 cals) farm fresh eggs

Vegetarian Breakfast (370 cals) Vegetarian Black Pudding, hash brown, fried egg, field mushroom, harissa dressing

Classic Lodges speciality breakfasts

Classic oatmeal porridge (167 cals)

Avocado & Bacon (475 cals) Avocado, poached egg on a slice sourdough with two rashers of bacon

Three Buttermilk Pancakes with maple syrup (856 cals)

Scrambled eggs with smoked salmon and wholemeal toast (534 cals)

*All calories are based per glass, per standard portion or breakfast option.

Food Allergies & Intolerances - Should you have concerns about a food allergy or intolerance please speak to our staff before you order your food or drink.