

# BREAKFAST MENU

## COLD DISHES

**Natural yoghurt:** berry compote, granola 449kcal (per serving)

**Chia and soya yoghurt:** mango, mint, coconut (vegan) 248kcal (per serving)

**Fresh fruit salad** 118kcal (per serving)

**Smoothie of the day**

## CONTINENTAL BREAKFAST

**Breads and pastries:** croissants 220kcal, apricot crown 397kcal, vanilla danish 397kcal, cinnamon swirl 397kcal, white and brown toast 158kcal, sourdough, gluten-free toast, muffin 476kcal

**Jams and spreads:** honey 73kcal, orange jam 68kcal, strawberry jam 68kcal, blackcurrant jam 75kcal, Marmite 22kcal, Nutella 77kcal

**Cereals:** Weetabix 68kcal, Cornflakes 91kcal, Coco Pops 134kcal, Rice Crispies 85kcal, All Bran 144kcal, Fruit and Fibre 171kcal (per serving)

**Juices:** grapefruit 66kcal, orange 68kcal, apple 74kcal, tomato 28kcal (all per 200ml serving)

**Sliced meats and cheeses:** ham 29kcal, salami 31kcal, emmental (per slice)

## HOT DISHES

**Full English breakfast:** two pork sausages 242kcal, two slices of back bacon 206kcal, two eggs of your choice (fried egg 208kcal, scrambled eggs 474kcal, poached eggs 134kcal), roasted tomato 10kcal, two hash brown 230kcal, mushrooms 6kcal, baked beans 65kcal

**Vegan Full English breakfast** (half vegan breakfast available): two vegan sausages 406kcal, roasted tomato 10kcal, hash brown 230kcal, mushrooms 6kcal, baked beans 65kcal, crushed garden peas and chilli 68kcal

**Half English breakfast:** one pork sausage 121kcal, a slice of back bacon 103kcal, egg of your choice (fried egg 104kcal, scrambled egg 237kcal, poached egg 67kcal), roasted tomato 10kcal, a hash brown 115kcal, mushrooms 6kcal, baked beans 65kcal

**Porridge:** cooked with your choice of milk 336kcal (per serving)

**Crushed garden peas on toast:** chilli, lime, coriander, poached egg 352kcal (per serving)

**American pancakes:** smoked streaky bacon, maple syrup 441kcal (per serving)

**Smoked salmon:** scrambled egg, lemon wedge, chives 461kcal (per serving)

## SAUNTON SANDS

HOTEL & SOURCE SPA

Please inform us, prior to ordering, if you have any special dietary requirements or allergies. Please ask to see our full allergen menu. The recommended daily calories for an average adult is 2,000kcal.