

Residents' Breakfast

Full English Breakfast

sausage, bacon, mushroom, hash brown, eggs, black pudding, baked beans, slow-roasted tomato (G, E, D, SD) 817 kcal

Vegetarian Breakfast (v, veo, gfo)

vegan sausage, grilled tomato, mushroom, baked beans, wilted spinach, eggs (E, G, S, SD, CE) 533 kcal

Eggs on Toast (v, gfo)

two poached or scrambled eggs, choice of toast (G, D, E, SD) poached 366 kcal/scrambled 607 kcal

Eggs Benedict (gfo)

toasted muffin, grilled bacon, poached eggs, hollandaise (G, E, D, SD) 505 kcal

Eggs Royale (gfo)

toasted muffin, smoked salmon, poached eggs, hollandaise (G, F, E, D, SD) 481 kcal

Eggs Florentine (v, gfo)

toasted muffin, wilted spinach, poached eggs, hollandaise
(D, E, G, SD) 535 kcal

Bacon & Sausage Sandwich (gfo)

white or malted brown bloomer (G, D, SD, E) 680 kcal add an egg (E) 60 kcal

Creamy Porridge (v, veo, gfo)

honey, fresh berries, banana (D) 526 kcal







