

GLUTEN-AVOIDING BREAKFAST MENU

While we strive to ensure that all ingredients used for this menu are gluten-free, the dishes are made in an environment which contains gluten, so we can't guarantee the complete absence of gluten.

CONTINENTAL BREAKFAST BUFFET

Start your day right with a wholesome breakfast.
Please help yourself to our fresh continental selection.



FULL ENGLISH BREAKFAST 13.0

Grilled bacon, pan-fried button mushrooms, grilled plum tomato, baked beans, hash brown, gluten-free toast and a St Ewe egg cooked to your liking.*
*950 kcal *(poached +77 kcal, fried +95 kcal or scrambled +192 kcal)*

VEGETARIAN BREAKFAST 11.0 v

Pan-fried button mushrooms, grilled plum tomato, wilted spinach, baked beans, hash brown, gluten-free toast and a St Ewe egg cooked to your liking.*
*737 kcal *(poached +77 kcal, fried +95 kcal or scrambled +192 kcal)*

VEGAN BREAKFAST 11.0 vg

Scrambled tofu, pan-fried button mushrooms, wilted spinach, grilled plum tomato, baked beans, gluten-free toast and hash brown. *682 kcal*

SMOKED SALMON & SCRAMBLED ST EWE EGGS 9.5

Smoked Atlantic salmon, gluten-free bap and St Ewe scrambled eggs. *538 kcal*

BACON BAP 6.0

Buttered gluten-free bap filled with two rashers of smoked back bacon. *572 kcal*

AVOCADO & TOMATO SMASH 8.5 v

Warm gluten-free bap topped with smashed avocado and tomato, and a poached St Ewe egg. *508 kcal*

If you'd like to add extra items, please ask a member of our team for more information.

Adults need around 2,000 kcal per day

v - vegetarian, vg - vegan

Our allergen information is available on request. Please let your server know if you have any allergies or intolerances. We take steps to minimise the risk of cross-contamination when preparing your food, however, we do not have specific allergen-free zones in our kitchens. It is therefore not possible for us to guarantee separation of all allergens.