

BREAKFAST

CONTINENTAL SELECTION

FRUIT JUICE SELECTION

- Orange 68 Kcal per 200ml
- Apple 74 Kcal per 200ml
- Grapefruit 66 Kcal per 200ml
- Pineapple 82 Kcal per 200ml
- Cranberry 90 Kcal per 200ml
- Tomato 28 Kcal per 200ml

COMPOTES AND FRUITS

- Fresh Grapefruit 27 Kcal per 80g
- Orange Segments 41 Kcal per 115g
- Grapefruit Segments 35 Kcal per 115g
- Prunes 174 Kcal per 220g
- Peaches 99 Kcal per 180g
- Green Figs 80 Kcal per 100g
- Fresh Fruit Salad 118 Kcal per 200g

NATURAL OR FRUIT YOGHURT

Check label for details

CEREALS

- Alpen 270 Kcal per 60g
- Bran Flakes 200 Kcal per 60g
- Cornflakes 113 Kcal per 30g
- Crunchy Nut Cornflakes 119 Kcal per 30g
- Rice Krispies 113 Kcal per 30g
- Shredded Wheat 157 Kcal per 47g
- Special K 113 Kcal per 30g
- Weetabix 133 Kcal per 40g

CONTINENTAL SELECTION

- Charcuterie 109 Kcal per 38g
- Melon 12 Kcal per 75g
- West Country Cheeses 165 Kcal per 40g

TOAST, BREAD ROLLS & CROISSANTS

- TOAST - WHITE 401 Kcal per 150g
- TOAST - BROWN 399 Kcal per 150g
- TOAST - MIXED 400 Kcal per 150g
- BREAD ROLLS 157 Kcal per 60g
- CROISSANTS 272 Kcal per 57g

THE BELMONT GRILL

Choose from :

- BACON 103 Kcal per 25g
- WEST COUNTRY SAUSAGES (GF) 121 Kcal per 64g
- VEGETARIAN SAUSAGES 204 Kcal per 100g
- TOMATO 10 Kcal per 56g
- HASH BROWNS 115 Kcal per 42g
- FRIED BREAD 80 Kcal per 16g
- MUSHROOMS 6 Kcal per 42g
- BAKED BEANS 65 Kcal per 79g
- POACHED EGG 67 Kcal per 50g
- BOILED EGG 72 Kcal per 50g
- SCRAMBLED EGG 237 Kcal per 100g
- FRIED EGG 104 Kcal per 50g

FISHERMAN'S CHOICE

- GRILLED KIPPERS 512 Kcal per 160g
- SMOKED HADDOCK 164 Kcal per 140g

OMELETTE

227 Kcal average plain portion
Made to Order

PORRIDGE

252 Kcal average plain portion

BEVERAGES

- ENGLISH BREAKFAST TEA
- FRESHLY BREWED FILTER COFFEE
- DECAFFEINATED TEA OR COFFEE
- SPECIALITY TEAS
- HOT CHOCOLATE