

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 Brown 399 Kcal Mixed 400 Kcal per 150g

BREAD ROLLS 157 Kcal per 60g

CROISSANTS 272 Kcal per 57g

BEVERAGES

ENGLISH BREAKFAST TEA

FRESHLY BREWED FILTER COFFEE

DECAFFEINATED TEA OR COFFEE

SPECIALITY TEAS

HOT CHOCOLATE

THE BELMONT GRILL

Choose from:

BACON 103 Kcal per 25g

WEST COUNTRY SAUSAGES (GF) 121 Kcal per 64g

VEGETARIAN SAUSAGES 204 Kcal per 100g

GRILLED TOMATOES 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

VEGETARIAN

VEGETARIAN SAUSAGES, POACHED EGGS,
BAKED BEANS, MUSHROOMS, HASH BROWN
AND GRILLED TOMATOES 748 Kcal

SMASHED AVOCADO SERVED ON LIGHTLY
TOASTED SOURDOUGH WITH TWO POACHED
EGGS AND GRILLED TOMATOES 430 Kcal

VEGAN

VEGAN SAUSAGES, BAKED BEANS, MUSHROOMS,
FRIED BREAD AND GRILLED TOMATOES 579 Kcal

FISHERMAN'S CHOICE

GRILLED KIPPERS 512 Kcal per 160g

SMOKED HADDOCK 164 Kcal per 140g

OMELETTE

Made to Order 227 Kcal average plain portion

PORRIDGE

252 Kcal average plain portion