

FRUIT JUICES

PER 200ML

Orange GF, VE 68 Kcal | Apple GF, VE 74 Kcal | Grapefruit GF, VE 66 Kcal

Pineapple GF, VE 82 Kcal | Cranberry GF, VE 90 Kcal | Tomato GF, VE 28 Kcal

COMPOTES & FRUITS

Fresh Grapefruit GF, VE 27 Kcal per 80g | Orange Segments GF, VE 41 Kcal per 115g

Grapefruit Segments GF, VE 35 Kcal per 115g | Prunes GF, VE 174 Kcal per 220g

Peaches GF, VE 99 Kcal per 180g | Green Figs GF, VE 80 Kcal per 100g

Fresh Fruit Salad GF, VE 118 Kcal per 200g

YOGHURTS

Fruit GF D or Natural GF D See label for Kcal

CEREALS

Alpen V 249 Kcal per 60g D, G, N | Bran Flakes VE 200 Kcal per 60g G

Cornflakes VE 113 Kcal per 30g G | Crunchy Nut Cornflakes VE 119 Kcal per 30g G, P

Rice Krispies VE 113 Kcal per 30g G | Special K V 113 Kcal per 30g D, G, SO

Weetabix VE 133 Kcal per 40g G | Granola Gluten Free GF, VE 382 Kcal per 100g N, P, SO

Muesli GF, V 365 Kcal per 100g D, N, SO

CONTINENTAL

Charcuterie GF 109 Kcal D, SO | Melon GF, VE 12 Kcal

West Country Cheeses GF, V 165 Kcal D

OMELETTE

Made to Order GF, V? E 227 Kcal average plain portion

MILK

Semi Skimmed V, GF 46 Kcal per 100ml Kcal D | Soya VE, GF 42 Kcal per 100ml SO

Oat GF?, VE 61 Kcal per 100ml G

PORRIDGE

GF?, V, VE? 252 Kcal average plain portion G

TOAST

White GF?, VE 401 Kcal G, SO | Brown GF?, VE 399 Kcal G, SO

BREAD ROLLS

White GF?, V, VE? G, S, E, D, N, SO | Brown GF?, V 157 Kcal per 60g G, E, D, N, S, SO

CROISSANTS

V 272 Kcal per 57g D, G, E, N

THE BELMONT GRILL

Choose From:

Bacon GF 103 Kcal per 25g | West Country Sausage GF 121 Kcal per 64g SU

Vegan Sausage VE 204 Kcal per 100g G | Grilled Tomato GF, VE 10 Kcal per 56g

Hash Brown GF?, VE? 115 Kcal per 42g G | Fried Bread GF?, VE 80 Kcal per 16g G, SO

Mushrooms GF, VE 6 Kcal per 42g | Baked Beans GF, VE 65 Kcal per 79g

Served with your choice of:

Poached GF, V 67 Kcal per 50g E, SU Boiled GF, V 72 Kcal per 50g E

Scrambled GF, V 237 Kcal per 100g E or Fried Egg GF, V 104 Kcal per 50g E

VEGETARIAN

Vegan Sausage, Baked Beans, Mushrooms, Hash Brown
and Grilled Tomato and choice of Egg V, GF? 748 Kcal G, E, SU

OR

Smashed Avocado served on lightly toasted Sourdough
with Two Poached Eggs and Grilled Tomato V, VE? 430 Kcal G, E, SU

VEGAN

Vegan Sausage, Baked Beans, Mushrooms,
Fried Bread and Grilled Tomato VE, GF? 579 Kcal G SO

FISHERMAN'S CHOICE

Grilled Kipper GF 512 Kcal per 160g F

Poached Smoked Haddock GF 164 Kcal per 140g D, F

TEA OR FILTER COFFEE

English Breakfast Tea

Freshly Brewed Filter Coffee

Decaffeinated Tea or Coffee

Speciality Teas

Hot Chocolate G D, SO

GF Gluten Free GF? Can be Gluten Free (please ask) V Vegetarian VE Vegan VE? Can be Vegan (please ask)

D DAIRY G GLUTEN M MUSTARD E EGG MO MOLLUSCS CR CRUSTACEAN C CELERY
N NUTS F FISH SU SULPHUR DIOXIDE S SESAME SO SOYA P PEANUTS L LUPIN

Adults need around 2000 Kcal a day. Our dishes may contain traces of allergens. Please let us know if you have any allergens or special dietary requirements. Whilst we do our utmost to accommodate our guests, we cannot guarantee any dish will be completely allergen free.

