

# BREAKFAST

---

## Continental Breakfast

*Available from our buffet table*

Orange & Apple juice

Cereals

Bananas

Yoghurt

Red Berry compote

The Free Runner Muesli | **GF**

Slices of fresh watermelon & pineapple

Croissant

---

## Hot Drinks

*Available on Request*

Americano | 53kcal £3.35

Latte | 182kcal £3.75

Cappuccino | 101kcal £3.75

Flat White | 87kcal £3.55

Macchiato | 29kcal £3.35

Mocha | 116kcal £3.85

Chai Latte | 64kcal £3.95

Espresso | 20kcal £3.20

## Cooked Breakfast

*Please order with a member of our team*

**Full English:** Cumberland sausage, bacon, plum tomato, field mushroom, black pudding, and a choice of fried, poached or scrambled egg | **(GF Available)** | 900kcal

**Vegetarian Breakfast:** Vegetarian sausage, plum tomato, field mushroom, baked beans, and a choice of fried, poached or scrambled egg | **V** | 205kcal

Poached or scrambled eggs on toast  
**(GF Available)** | **(DF Available)**  
455kcal | 507kcal

Scrambled eggs and smoked salmon  
**GF** | **(DF Available)** | 348kcal

Grilled kippers with fresh lemon  
152kcal | **GF**

Porridge | **(GF Available)** | 308kcal

## Good to know...

All of our eggs are locally sourced and free range. Our coffee is blended uniquely for us and roasted in small batches in the Lake District by Carvetii Coffee. **GF** bread available | **GF & Vegan** sausages available

### **Allergens? Please advise us if you have any allergens.**

If you have any dietary requirements or questions about allergens, please ask a member of our team for help.

**V** Vegetarian | **GF/GF Available** - No Gluten ingredients, not suitable for Coeliac. **DF/DF Available** | Dairy Free, **VE** | Vegan.