



# BREAKFAST MENU

**Breakfast served from 9am - 11:45am**  
**Starbucks Coffees Available 8am - 9pm \*Last Sitting 11:30am**

## Drinks

- Coffee and Teas from £2.30
- Freshly squeezed orange juice £4.50
- Love struck smoothies £4.40

- Pash 'N' Shoot  
Passionfruit, Mango Pineapple 176 Cals
- Berry-Go-Round  
Strawberry, Blackberry & Raspberry 155 Cals
- Strawberry Split  
Strawberry & Banana 190 Cals
- Blueberry Thrill  
Blueberry, Raspberry, Banana & Flaxseed 197 Cals
- Broccoli & The Beast  
Broccoli, Spinach, Mango, Banana, Pineapple

## Breakfast Selection

- Chestnut mushrooms sauteed in cold pressed rape seed oil on toasted sourdough (VE) 352 kcal £6.50
- Avocado, soft poached egg & chilli on toasted sourdough (VEA - vegan cheese instead of egg) 499 kcal £10.00
- 3 egg omelette, tomato, cheddar & bacon (GF) 427 kcal £6.00
- Eggs Benedict, Florentine or Royale - 2 poached eggs on an english muffin topped with hollandaise sauce
  - Benedict - Ham 642 kcal £9.00
  - Florentine - Fresh Spinach 522 kcal £8.50
  - Royale - Smoked Salmon 619 kcal £10.00

## Full English Breakfast £14.00 (£2 supplement for spa packages)

- Free range egg, local Sudbury sausage, smoked streaky bacon, chestnut mushrooms, slow roasted tomato, Bury black pudding, baked beans, hash brown, toast & butter 1049 kcal

## Vegan Breakfast (VE) £13.00

- (£2 supplement for spa packages)
- Scrambled tofu with vegan cheese, avocado, roasted tomatoes, chestnut mushrooms, baked beans, plant based sausage, hash brown, toast and dairy free spread 779 kcal

## Muffins

- Sudbury sausage and free range fried egg 589 kcal £7.50
- Smoked streaky bacon and free range fried egg 404 kcal £6.50
- Baked field mushroom, spinach & scrambled tofu (VE) 255 kcal £6.00  
(Choice of Tiptree ketchup or brown sauce)

## Sandwiches

\*Gluten Free available for egg & bacon sandwich  
All come with a jar of Tiptree Sauce

- Smoked Streaky Bacon sandwich 485 kcal £7.50
- 2 Sudbury Sausages in a sandwich 612 kcal £7.50
- 2 Free range eggs in a sandwich 476 kcal £6.00

- 2 Eggs on toast (GFA) £6.00  
Fried 520 kcal | Scrambled 452 kcal | Poached 452 kcal
- Toast, butter & preserve(GFA) 381 kcal £4.00  
(VEA - dairy free spread) 381 kcal
- Our own granola, Greek yoghurt, fresh berries (GF)  
(VEA - with soya or almond milk) 555 kcal £5.50
- 2 Crumpets with butter & choice of Marmite or Tiptree Jam (V)(VE) 297 kcal £4.50

A service charge of 12.5% will be added to any group booking over 6 guests, please speak to server if you would like it removed.

Dishes labelled with GF and DF can be requested when ordering. GF = Gluten Free DF = Dairy Free V = Vegetarian Ve = Vegan

Concerns about allergies & intolerances? Visit [allergymenu.uk](https://allergymenu.uk) & enter the code BAN476

Please ask the Food and Beverage Team for allergen information, in order to make your own menu choice. Please note some products on the menu contain allergens and not all ingredients are listed. This product information may change due to suppliers therefore please make sure you ask for allergen information or inform us of your allergies/dietary requirements every time you make a purchase. You can access allergen information about our menu using the 'allergy menu' app or website <https://allergymenu.uk>. This information covers the 14 major allergens. If you are having difficulty viewing this please ask a member of our Team. Equipment in a restaurant/ kitchen area is shared and cross contamination may occur, therefore some products may not be suitable for those with allergies. Allergens are only declared if they are intentionally added to a product.