



BREAKFAST MENU

Breakfast & Early Brunch 2023

Served from 9am-11:45am

*Lasting Sitting 11:30am

Breakfast Selection

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

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 £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 (VE)**

Drinks

- Coffee and Teas from **£2.30**
- Freshly squeezed orange juice **£4.50**
- Fruit and vegetable smoothies **£4.25**
Ask for flavours available

Muffins

- Sudbury sausage and free range egg fried **£6.50 589 kcal**
- Smoked streaky bacon and free range egg fried **£6.50 404 kcal**
- Baked field mushroom, spinach & scrambled tofu **£6.00 (VE) 255 kcal**
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 **£7.50 485kcal**
- 2 Sudbury Sausages in a sandwich **£7.50 612kcal**
- 2 Free range eggs in a sandwich **£6.00 476 kcal**
- 2 Eggs on toast - **£6.00 (GFA)**
Fried **520kcal** | Scrambled **452kcal** | Poached **452kcal**
- Toast, butter & preserve **£4.00 (GFA)**
(VEA - dairy free spread) **381 kcal**
- Our own granola, Greek yoghurt, fresh berries **£5.50 (GF) (VEA - with soya or almond milk) 555 kcal**

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 & enter the code BAN474

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 uk' 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.