

DRINKS

POT OF BREAKFAST TEA

FILTER COFFEE

(speciality coffees available at an extra charge)

FRUIT OR HERBAL TEAS

Earl grey, Chamomile, Green Tea, Peppermint

ORANGE JUICE/APPLE JUICE

(available at the buffet)

CONTINENTAL BREAKFAST BUFFET

VARIETY OF CEREALS

LOW FAT NATURAL YOGHURT

83kcal GF

SOYA FRUIT YOGHURT

91kcal VE, GF, DF

FRESH FRUIT SALAD

86kcal VE, GF, DF

SELECTION OF BREAKFAST PASTRIES AND CROISSANTS

157kcal

TOAST SELECTION

(Gluten free bread available on request; to be used in our gluten free only toaster)

Choice of jams, english preserves and marmalade

BOWL OF PORRIDGE

435kcal V, VE*, DF*

(available on request)



HASTINGS HOTEL BREAKFAST MENU

Our breakfast includes unlimited tea or filter coffee, full selection of our continental buffet and one hot breakfast dish per person. If you would like to enjoy an additional hot dish we are happy to offer this at a £5 charge. Breakfast is charged at £15.00 per person for Non Residents

FULL ENGLISH BREAKFAST BUFFET

kcal information based on average serving for 1 person

PORK & LEEK SAUSAGES

202kcal

UNSMOKED BACK BACON

147kcal GF, DF

MUSHROOMS

47kcal VE, GF, DF

BAKED BEANS

69kcal VE, GF, DF

GRILLED TOMATOES

10kcal VE, GF, DF

HASH BROWNS

126kcal VE, GF*, DF

BLACK PUDDING

80kcal DF

(not on the buffet - please order with your server)

SCRAMBLED/POACHED/FRIED/BOILED EGGS

140kcal V, GF, DF

(not on the buffet - please order with your server)

SPECIALITY DISHES

(Available on request)

VEGAN/VEGETARIAN COOKED BREAKFAST

Served with grilled vegetables & guacamole

624kcal V, VE, GF*, DF

(Available on request)

SCRAMBLED EGGS & SMOKED SALMON

385kcal GF, DF

AMERICAN STYLE PANCAKES

Fruit compote & maple syrup

340kcal V

EGGS BENEDICT

445kcal

EGGS ROYALE

497kcal

EGGS FLORENTINE

453kcal V

THREE EGG OMELETTE

Choice of fillings: cheese, ham, tomato, mushroom

570kcal V*, GF, DF*



A discretionary 12.5% service charge will be added to your bill - all gratuities go to the staff - thank you.

Dishes labelled with GF and DF can be requested when ordering.

GF = Gluten Free DF = Dairy Free V = Vegetarian Ve = Vegan

Important Information: All our food is prepared in a kitchen where **nuts, gluten and other known allergens may be present**. If you have any allergies or dietary requirements please let a member of our team know every time you visit. More information on allergens and ingredients can be provided by our fully trained staff.

Thank you.

Concerns about allergies & intolerances? Visit allergymenu.uk & enter the code: BAN478.