

GLUTEN-AVOIDING BREAKFAST MENU

While we strive to ensure that all ingredients used for this menu are gluten-free, the dishes are made in an environment which contains gluten, so we can't guarantee the complete absence of gluten.

CONTINENTAL BREAKFAST BUFFET

Start your day right with a wholesome breakfast. Please help yourself to our fresh continental selection.

FULL ENGLISH BREAKFAST £10.00

Grilled bacon, pan-fried button mushrooms, grilled plum tomato, baked beans, hash brown, gluten-free toast and a St Ewe egg cooked to your liking. * 950 kcal (*poached +77 kcal, fried +95 kcal or scrambled +192 kcal)

VEGETARIAN BREAKFAST £9.50 v

Pan-fried button mushrooms, grilled plum tomato, wilted spinach, baked beans, hash brown, gluten-free toast and a St Ewe egg cooked to your liking. * 737 kcal (*poached +77 kcal, fried +95 kcal or scrambled +192 kcal)

VEGAN BREAKFAST £9.50 vg

Scrambled tofu, pan-fried button mushrooms, wilted spinach, grilled plum tomato, baked beans, gluten-free toast and hash brown. 682 kcal

SMOKED SALMON & SCRAMBLED ST EWE EGGS £9.00

Smoked Atlantic salmon, gluten-free toasted bap and St Ewe scrambled eggs. 538 kcal

BACON BAP £5.50

Buttered gluten-free bap filled with two rashers of smoked back bacon. 572 kcal

AVOCADO & TOMATO SMASH £8.00 v

Gluten-free toasted bap topped with smashed avocado and tomato, and a poached St Ewe egg. 508 kcal

If you'd like to add extra items,
please ask a member of our team for more information.

Adults need around 2,000 kcal per day

v - vegetarian / vg - vegan

Our allergen information is available on request. Please let your server know if you have any allergies or intolerances. We take steps to minimise the risk of cross-contamination when preparing your food, however, we do not have specific allergen-free zones in our kitchens. It is therefore not possible for us to guarantee separation of all allergens.