



# BREAKFAST

Please help yourself to items from our Continental Buffet

## BUFFET

### TOAST

White, Brown or Gluten Free.

*Preserves* - Strawberry, Marmalade,  
Honey, Blackcurrant or Marmite.

### YOGHURT \*GF

Strawberry, Apricot & Mango, Cherry.

### CHILLED JUICES \*GF

Apple, Orange or Grapefruit.

### STEWED PRUNES, GRAPEFRUIT SEGMENTS & FRESH FRUIT \*GF

## TO ORDER

Eggs as you like them - Boiled, Poached, Scrambled or Fried.

Gluten Free Bread is also available.

### PORRIDGE \*GF

Plain, Sultans or Honey.

### FULL BREAKFAST \*GF

Bacon, Sausage, Grilled Tomato, Mushrooms  
Baked Beans, Hash Brown & Your Choice of Egg.

### VEGETARIAN BREAKFAST

Vegetarian Sausage, Grilled Tomato, Mushrooms  
Baked Beans, Hash Brown & Your Choice of Egg.

### BREAKFAST CEREALS

Cornflakes, Rice Crispies, Frosties,  
Muesli, Weetabix, Crunchy Nut.

### HAM & CHEESE \*GF

Please ask a member of our waiting  
team for these items.

### CROISSANTS

### HAM & EGGS \*GF

### BEANS OR EGGS ON TOAST \*GF

Scrambled Egg or Baked Beans  
Served on White or Brown Toast.

### KIPPERS \*GF

Lightly Grilled Kippers with Lemon Wedge  
& Brown Bread with Butter.

## PRICE

Bed & Breakfast & Half Board  
Price included in room rate.

Non - Residents  
Breakfast £8.95 per person

## ALLERGENS

We are unable to cater for any dietary requirements not notified to us in advance. Please note that our food at The Royal Esplanade Hotel is prepared in a kitchen which handles all allergens. We cannot guarantee that our food is free from trace elements of any allergen. The Royal Esplanade Hotel does not assume any liability for adverse reactions to foods consumed, or to items one may come into contact with, while eating at The Royal Esplanade Hotel.

\*V - Vegetarian, \*GF - Gluten Free, \*Ve - Vegan, \*DF - Dairy Free.