



# BREAKFAST MENU

Please help yourself to items from our Continental Buffet  
**BUFFET**

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## Toast

White, Brown or Gluten Free  
Please ask a member of our waiting team for gluten free toast  
Preserves - Strawberry, Marmalade, Honey, Blackcurrant or Marmite

## Croissants

## Fruit

Stewed Prunes or Grapefruit Segments

## Chilled Juices

Apple or Orange

## Breakfast Cereal

Cornflakes, Rice Crispies, Frosties, Museli, Weetabix or Crunchy Nut

## Yoghurt

Strawberry, Cherry, Apricot & Mango

## Ham & Cheese

Please ask a member of our waiting team for these items

## TO ORDER

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Eggs as you like them - Boiled, Poached, Scrambled or Fried  
Gluten free bread is also available

## Porridge (GF)

Plain, or with Sultanas or Honey

## Full Breakfast (GF)

Bacon, Sausage, Grilled Tomato, Mushroom, Baked Beans, Hash Brown and your choice of egg

## Beans or Egg on Toast (GF)

Scrambled Egg or Baked Beans served on white or brown

## Ham & Eggs (GF)

Served with your choice of eggs on brown or white toast

## Vegetarian Breakfast

Vegetarian Sausage, Grilled Tomato, Mushrooms, Baked Beans, Hash Brown & Your choice of egg

## Kippers (GF)

Lightly Grilled Kippers served with Lemon Wedge & Brown bread with butter

## PRICE

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### Residents

Breakfast is included in Bed & Breakfast & Half Board rate

### Non-Residents

Adults	£ 11.95
Children under 12	£ 7.95

### 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