

# THE GATE

KITCHEN • BAR • TERRACE

## BREAKFAST

Please help yourself to our continental table.  
Hot dishes are prepared fresh to order from the kitchen and served at your table.

CONTINENTAL ONLY £12 • CONTINENTAL & HOT DISH £20

### DRINKS

#### HOT DRINKS

Fresh coffee • Teas • Infusions

#### FRUIT JUICE

Apple 94 kcal • Cranberry 101 kcal • Freshly squeezed orange 85 kcal

#### SPECIALITY COFFEE

Espresso 3.25 9 kcal • Double espresso 4.25 18 kcal • Americano 4.25 9 kcal  
Cappuccino 4.75 62 kcal • Latte 4.75 56 kcal • Flat white 4.75 95 kcal

#### MORNING BEVERAGES

Bucks Fizz 9 • Moët & Chandon Impérial, Brut NV (125ml) 12.5  
Bloody Mary 11 • Wild Idol Non-Alcoholic Sparkling Rosé (125ml) 10

### ON TOAST

CHOOSE FROM: MALTED BROWN, WHITE BLOOMER, SOURDOUGH OR GLUTEN-FREE TOAST

#### SAUTÉED MUSHROOMS **vg, gfa**

Soya cream, thyme butter 417 kcal

#### COCONUT & OAT FRENCH TOAST **v, gfa**

Raspberry chia jam, maple,  
blueberries 549 kcal

#### TWO POACHED EGGS **v, gfa**

Crushed peas, broad beans, lemon 437 kcal

#### TWO HEN'S EGGS, ANY STYLE **gfa**

Poached, boiled, scrambled  
or fried 116 kcal per 100g

### FROM THE KITCHEN

EGGS BENEDICT 693 kcal • EGGS ROYALE 734 kcal • EGGS FLORENTINE **v** 467 kcal

#### SPINACH & RICOTTA SOUFFLÉ OMELETTE **v, gfa**

Chives, shallots and watercress 429 kcal

#### SAUSAGE & EGG MORNING BRIOCHE

Cumberland sausage patty, fried egg, cheese and hash browns stacked in a toasted brioche 617 kcal

#### PANCAKES

Served with bacon and maple syrup 383 kcal or berries and coconut yoghurt **v** 231 kcal

#### VEGETARIAN ENGLISH **v, gfa**

Vegetarian sausage, tomato, mushrooms, bubble and squeak, baked beans and scrambled eggs 761 kcal

#### HARBOUR FULL ENGLISH **gfa**

Sausage, back bacon, black pudding, tomato, mushrooms, bubble and squeak,  
baked beans and eggs your way 609 kcal

**v** vegetarian • **vg** vegan • **gfa** gluten-free available

If you are booked on a Bed & Breakfast inclusive package, there is  
no charge for Continental Breakfast or Hot Dishes.

If you are concerned about any food allergies or dietary requirements please speak to a member of the Crew who  
would be delighted to assist. Adults require approximately 2000 kcal a day. All prices are inclusive of VAT.



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