# -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 £18

### drinks

#### **Hot Drinks**

Fresh coffee · Teas · Infusions

#### Fruit Juice

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

#### **Speciality Coffee**

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

#### **Morning Beverages**

Bucks Fizz 9 · Moët & Chandon Impérial, Brut NV (125m1) 12.5 Bloody Mary 11 · Wild Idol Non-Alcoholic Sparkling Rosé (125m1) 10

#### on toast =

Choose From: malted brown, white bloomer, sourdough or gluten-free toast

Sautéed Mushrooms, soya cream, thyme butter VG, GFA 417 kcal

Two Poached Eggs, crushed peas, broad beans, lemon V, GFA 437 kcal

Coconut & Oat French Toast, raspberry chia jam, blueberries, maple V, GFA 549 kcal

Eggs Any Style, two hen's eggs, poached, boiled, scrambled or fried GFA 116 kcal per 100g

## from the kitchen

Eggs Benedict 693 kcal • Eggs Royale 734 kcal • Eggs Florentine V 467 kcal

Spinach & Ricotta Soufflé Omelette, chives, shallots and watercress V, GFA 429 kcal

Sausage & Egg Morning Brioche, cumberland sausage patty, fried egg, cheese and hash browns stacked in a toasted brioche 617 kcal

**Harbour Full English,** sausage, back bacon, black pudding, tomato, mushrooms, bubble and squeak, baked beans and eggs your way GFA 609 kcal

**Vegetarian English,** vegetarian sausage, tomato, mushrooms, bubble and squeak, baked beans and scrambled eggs **V, GFA** 761 kcal

v vegetarian • vG vegan • GFA gluten-free available

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

All prices are inclusive of VAT.

