

# VITALITY BREAKFAST MENU

## Hydration Station

Orange Juice *Contains Allergens: 9* Apple Juice *Contains Allergens: 9*  
Selection of Fruit Juices Detox Water Fruit Smoothies *Contains Allergens: 7.*

## TEA & COFFEE

Breakfast is complimented by teas, breakfast or herbal varieties and a selection of Speciality

## PORRIDGE

Direct & hot from the kitchen – simply ask your server

## Additional Vitality Accompaniments

Nuts *Contains Allergens: 5 Almond, Brazil, Cashew, Hazelnut, Walnut* Seeds *Contains Allergens: 6 Wheat*  
Dried Fruits *Contains Allergens: 7,9*

## Vitality Pots & Seasonal Specials

Please ask your server

## Cereal

Cornflakes *Contains Allergens: 6 Barley* Special K *Contains Allergens: 6 Wheat & Barley*  
Weetabix *Contains Allergens 6 Barley & Wheat* Coco Pops *Contains Allergens: 6 Barley*  
Homemade Muesli *Contains Allergens: 5 Almond, Hazelnut, Pecan, 6 Oat & Barley, 7*  
Granola *Contains Allergens: 6 Wheat & Oats, 5 Almond, Hazelnut, Pecan, Brazil, Cashew, Pistachio*

## Hot Breakfast

Grilled Back Bacon *Contains Allergens: 9* Sausage *Contains Allergens: 6 Wheat, 9*  
Black Pudding *Contains Allergens: 6 Barley, 9*  
Sautéed Mushrooms *Contains Allergens: 7* Grilled Tomatoes Baked Beans *Contains Allergens: 9*  
Hash Browns

## EGGS

Scrambled Eggs *Contains Allergens: 7, 11* Boiled Eggs, Eggs Poached or Fried *Contains Allergens: 11*  
*Please order from your server*

## Bakery *All Bakery Items may contain allergen 5, Nut Traces*

Toasting Breads *Contains Allergens: 6 Wheat* White Bloomer *Contains Allergens: 6 Wheat*  
Sourdough Bread *Contains Allergens: 6 Wheat* Mixed Rolls *Contains Allergens: 6 Wheat*  
Lemon Drizzle Cake *Contains Allergens: 6 Wheat, 7 Milk, 11*  
Banana Toffee Cake *Contains Allergens: 6 Wheat & Barley, 7 Milk, 11*  
Butter Croissant / Pain au Chocolat *Contains Allergens: 6 Wheat, 7, 11*  
Cinnamon Swirl / Pain aux Raisins *Contains Allergens: 6 Wheat, 7 Milk, 11*  
*All served with a selection of real honey, high fruit content marmalade and gourmet jams*

## Free From

Gluten Free Cornflakes Gluten Free Brown Bread *Contains Allergens: 11*  
Gluten Free White Bread *Contains Allergens: 11* Gluten Free Croissant *Contains Allergens: 11*  
Gluten Free Bagels *Contains Allergens: 8*

## Plant Based

A selection of vegetarian and vegan items are available on the buffet for you to choose from

## Continental

A selection of continental meats and cheeses for you to choose from

## DAIRY ALTERNATIVES

Soya Milk *Contains Allergens: 8* Oat Milk *Contains Allergens: 6 Oat*  
Coconut Milk *Contains Allergens: 5 Nut Trace*

## ALLERGEN INDEX

- |                |                              |                       |                       |             |
|----------------|------------------------------|-----------------------|-----------------------|-------------|
| 1. Crustaceans | 4. Peanuts                   | 7. Milk/milk products | 10. Sesame seeds      | 13. Mustard |
| 2. Molluscs    | 5. Nuts                      | 8. Soya               | 11. Eggs              | 14. Lupins  |
| 3. Fish        | 6. Cereals containing gluten | 9. Sulphur dioxide    | 12. Celery & celeriac |             |