

Breakfast

Freshly cooked

Breakfast Sandwich £5.50

Bacon 1059kcal or Cumberland sausage 525kcal, on toasted white or whole meal bloomer

Traditional Porridge Oats £5.50

Made with hot milk and served with a pot of honey 619kcal

Pancakes £6.50

Choose bacon 873kcal or seasonal fruits 101kcal. With warm Maple syrup

Smoked salmon and scrambled eggs £7.50

On toasted bloomer 329kcal

Full Lakeland breakfast £10.50

(vegetarian option available 580kcal)

Bacon, sausage, eggs any style, tomato, baked beans, mushrooms, hash brown & black pudding 1403kcal

Eggs Benedict £7.50

English muffin topped with bacon, hollandaise sauce and a gently poached egg 946kcal

Eggs Royale £8.50

English muffin topped with smoked salmon, hollandaise sauce and a gently poached egg 431kcal

Three egg omelet £6.50

Your choice of mushroom 309kcal, bacon 570kcal, cheese 713kcal or tomato 237kcal

Eggs any style £5.50

Poached, fried, scrambled or boiled with toasted bloomer 359kcal
Adults need around 2000 kcal a day

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