BRASSERIE

BREAKFAST MENU

THEBARNSTAPLE

HOTEL | LEISURE CLUB

BREND
COLLECTION
HOTELS | RESTAURANTS | SPAS

CONTINENTAL & COOKED BREAKFAST £17.50 CHILDREN'S BREAKFAST (3-12 years) £8.50

HOT BREAKFAST

EGGS GF, V

Scrambled

Poached

Fried

Boiled

BACON GF

PORK SAUSAGES GF?

MUSHROOMS GF, V, VE

HASH BROWNS GF, V, VE

GRILLED TOMATOES V, VE

BAKED BEANS GF, V, VE

BLACK PUDDING

FRIED BREAD V. VE

Vegan, vegetarian and gluten free options are available, please ask your server when ordering.

SPECIALS

SMOKED HADDOCK & POACHED EGGS

Haddock poached in milk with a lightly poached egg, with a lemon sauce GF

GRILLED KIPPER

Served with lemon butter and capers GF

OMELETTES

Cheese V, GF Ham GF Mushroom V, GF



Adults need around 2000 Kcal a day. You can view our calorie and allergen information by scanning the QR code. Our dishes may contain traces of allergens. Please let us know if you have any allergens or special dietary requirements. Whilst we do our utmost to accommodate our guests, we cannot guarantee any dish will be completely allergen free.

GF Gluten Free GF? Can be Gluten Free (please ask) V Vegetarian VE Vegan VE? Can be Vegan (please ask)

CONTINENTAL

FRUITS V. VE. GF

Fresh Fruit Salad

Stewed Prunes

Grapefruit Segments

Peaches

Fruit Compote

NATURAL YOGURT GF, V

CROISSANTS v

Pain Au Chocolate Plain

CEREALS

Weetabix V, VE

Cornflakes V

Granola V

Frosted Flakes V

TOAST

Brown V, VE

White **V**, **VE**

Gluten Free V. GF

CONSERVES

Jams GF, V, VE

Marmalade GF, V, VE

Honey GF, V Marmite V, VE

PORRIDGE v. ve?

BEVERAGES

SELECTIONS OF TEAS

Traditional Breakfast | Decaffeinated | Earl Grey | Green Tea Chamomile | Peppermint | Berry Berry | Lemon

COFFEE

Freshly brewed filter coffee

BARISTA COFFEES

Available on request - supplement charge applies

HOT CHOCOLATE

Chocolate blended with hot milk

FRUIT JUICES GF, V, VE

Orange | Apple

Pineapple | Grapefruit

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HOT BREAKFAST

EGGS GF, V

Scrambled 237 kcal E, D
Poached 67 kcal E, SU
Fried 104 kcal E
Boiled 74 kcal E

BACON GF 215 kcal

PORK SAUSAGES GF? 208 kcal SU

MUSHROOMS GF, V, VE 6 kcal

HASH BROWNS GF, V, VE 115 kcal

GRILLED TOMATOES V, VE 15 kcal

BAKED BEANS GF, V, VE 53 kcal

BLACK PUDDING 134 kcal G

FRIED BREAD V. VE 80 kcal S. SO. G

Vegan, vegetarian and gluten free options are available, please ask your server when ordering.

SPECIALS

SMOKED HADDOCK & POACHED EGGS

Haddock poached in milk with a lightly poached egg, with a lemon sauce GF 750 kcal E, F, D, SU

GRILLED KIPPER

Served with lemon butter and capers GF 489 kcal F, D, SU

OMELETTES 227 kcal E, D

Cheese V, GF 83 kcal E, D Ham GF 29 kcal E, D, M Mushroom V, GF 6 kcal E, D

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VE Vegan VE? Can be Vegan (please ask)

D DAIRY G GLUTEN M MUSTARD E EGG MO MOLLUSCS CR CRUSTACEAN C CELERY
N NUTS F FISH SU SULPHUR DIOXIDE S SESAME SO SOYA P PEANUTS L LUPIN

CONTINENTAL

FRUITS V. VE. GF

Fresh Fruit Salad 118 kcal Stewed Prunes 174 kcal Grapefruit Segments 35 kcal Peaches 99 kcal Fruit Compote 32 kcal

NATURAL YOGURT GF, V 119 kcal D

CROISSANTS

Pain Au Chocolate V 217 kcal G, D, E, N, SO
Plain V 289 kcal G, E, D, N, SO

CEREALS

Weetabix V, VE 133 kcal G
Cornflakes V 150 kcal G
Granola V 176 kcal G, N. D
Frosted Flakes V 140 kcal G. P

TOAST

Brown VE, V 258 kcal G, S0
White VE, V 242 kcal G, S0
Gluten Free V. GF 226 kcal E

CONSERVES

Jams GF, V, VE 90 kcal
Marmalade GF, V, VE 76 kcal
Honey GF, V 90 kcal
Marmite V, VE 20 kcal G, C

PORRIDGE V, VE? 94 kcal G, D

BEVERAGES

SELECTIONS OF TEAS

Traditional Breakfast | Decaffeinated | Earl Grey | Green Tea Chamomile | Peppermint | Berry Berry | Lemon

COFFEE

Freshly brewed filter coffee

BARISTA COFFEES

Available on request - supplement charge applies

HOT CHOCOLATE

Chocolate blended with hot milk p

FRUIT JUICES GF, V, VE

Orange | Apple
Pineapple | Grapefruit