

relax,



breakfast is served.



*eat well,
sleep well.*

Our Inns are always just a stones throw away from one of our fantastic pubs. Book direct for best rates & enjoy **20% off food*** when booking your room online.

If you have an allergy or intolerance, please speak to a member of our team before you order your food and drinks.
Full allergen and dietary information is available on our website.
Adults need around 2000 kcal a day.

cooked breakfast

£9.95
including
continental

Help yourself to as much or as little as you like from
our tasty buffet selection.

Create your own from our cooked selection,
including everyone's favourites such as **bacon** 72 kcal per rasher,
pork sausages 140 kcal each, **plant-based sausages (Ve)** 105 kcal each, **black pudding** 99 kcal per
slice, **hash browns (Ve)*** 118 kcal each, **flat mushrooms (Ve)** 91 kcal each,
baked beans (Ve) 92 kcal per spoon, **cooked tomatoes (Ve)** 15 kcal per half and
Free-Range Eggs - Fried 143 kcal each or **Scrambled** 225 kcal per spoon

Also includes your choice from the continental selection below plus tea or coffee.

KIDS EAT FOR £2.50

continental

£7.45

Create your own from the following options.

Pastries & toast:

Pain au Chocolat (V) 285 kcal each

Croissant (V) 377 kcal each with butter

Two slices of white or multigrain toast with butter (V) 374 kcal

Enjoy your croissant or toast with your choice of jam (Ve) 55 kcal,

Nutella (V) 80 kcal, honey (V) 65 kcal or Marmite (Ve) 20 kcal

Cereals & fruit:

Cornflakes (V)

Fruit 'n' Fibre (Ve)

Special K (V)

Frosties (V)

See cereal boxes for calorie information

Porridge - Plain (V) 164 kcal or **Golden Syrup Flavour (V)** 213 kcal

Yogurt with Mixed Berries and Honey (V) 200 kcal

Piece of Fruit (Ve) *Ask your server for available options.*

Breakfast drinks:

Apple Juice (Ve) 98 kcal

Orange Juice (Ve) 96 kcal

PLUS your choice of

tea or coffee. Ask your
server for available options
& calorie information.

Milk alternatives: Soya Milk available 46 kcal per bowl of cereal.

Terms & Conditions: *20% off main menu (excluding breakfast) when you book direct. Offer only available to dine in or takeaway customers NOT Click & Collect orders. For full terms visit our website www.marstonsinns.co.uk/offer-tcs. Dishes subject to availability and alternatives may be offered where listed choice is not available. Due to the way our food is prepared it is not possible to guarantee the absence of allergens in our meals and we do not make a "free from" claim. Our allergen information only states allergens if they are an ingredient of a product. We do not include 'may contain' information. Our menu descriptions do not include all ingredients. Please speak to a member of staff should you have any concerns. Full allergen information is available from the pub or visit our website. (V) Suitable for vegetarians or vegetarian option available. (VE) Suitable for vegetarians & vegans or vegetarian/vegan option available. (V)* / (VE)* We cannot guarantee that our vegetarian & vegan dishes have been cooked in dedicated vegetarian/vegan fryers. Please ask a member of staff for more information. We regret that we cannot guarantee that our pork dishes do not contain bones. Calorie counts are for guidance only and are based on the complete dish/drink as listed on the menu, excluding any additional seasoning or sauces that may be added by the guest. Portion sizes may vary from the quantity on which the calculations have been based, therefore values may not be identical to those served in a particular pub. Photography is for illustrative purposes only.