

*relax,*



*breakfast is served.*



## continental

Create your own from the following options.

### Pick one option from:

Pain au Chocolat (V) 285 kcal each

Croissant (V) 377 kcal 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

### Pick two options from:

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.*

### Select your fruit juice:

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.

## breakfast sandwiches & toast

### On Toast (V)

Your choice of white or multigrain toast 320 kcal  
topped with either:

Free-Range Eggs - Poached 121 kcal, Fried 286 kcal or Scrambled 320 kcal

Baked Beans (Ve) 150 kcal

Mushrooms (Ve) 181 kcal

On the run? Create your ideal **breakfast sandwich**  
by choosing up to three of following fillings, served on your choice  
of white or multigrain bread 320 kcal:

Pork Sausage 280 kcal

Plant-Based Sausage (Ve) 210 kcal

Bacon 143 kcal

Fried Free-Range Egg (V) 286 kcal

Mushroom (Ve) 181 kcal

## cooked breakfast

### Classic Breakfast

Two rashers of crispy bacon, a pork sausage, black pudding,  
fried free-range egg and hash brown. Served with a grilled flat mushroom,  
wedge of grilled tomato and baked beans. 813 kcal

### Classic Vegetarian (V)\*

Two plant-based sausages, two fried free-range eggs and a hash brown.  
Served with a grilled flat mushroom, wedge of grilled tomato and  
baked beans. 783 kcal



# kids breakfast

## **Classic Kids Breakfast (V)\***

A pork sausage, rasher of crispy bacon, fried free-range egg and hash brown. Served with baked beans. 548 kcal

## **Classic Kids Vegetarian Breakfast (V)\***

A plant-based sausage, fried free-range egg and hash brown. Served with baked beans. 441 kcal

# relax,

# *eat well, sleep well.*

Our Inns are always just a stones throw away from one of our fantastic pubs. Book direct for best rates & make the most of your stay with

**20% off food\***

when booking your room online.

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](http://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.