

TEA & COFFEE

FILTER COFFEE OR WEST COUNTRY TEA

Decaf coffee, oat and soya milk available

FROM THE BUFFET

CEREALS

Alpen **V** 168 Kcal **G, D, N**

Crunchy Nut **V** 119 Kcal **G, P**

Special K **V** 118 Kcal **D, G**

Bran Flakes **V** 107 Kcal **G**

Cornflakes **V** 113 Kcal **G**

Gluten Free Cornflakes **V** **GF** **VE** 93 Kcal

Gluten Free Muesli **V** **GF** 183 Kcal **D, SO, N**

Raisin Oat Granola **V** 188 Kcal **D, N, G**

FRUITS

Grapefruit **V** **GF** **VE** 65 Kcal

Prunes **V** **GF** **VE** 93 Kcal

Fresh Fruit Salad **V** **GF** **VE** 140 Kcal

BERRY & GRANOLA YOGURT POTS 232 Kcal **G, D, N**

FLAVOURED & NATURAL YOGHURT **V** 88 Kcal **D**

PASTRIES

Plain Croissant **V** 207 Kcal **G, D, E**

Mini Danish 185 Kcal **G, D, E, N**

Pecan Plait | Vanilla Crown | Cinnamon Swirl
Raspberry Crown | Apple Coronet

TOAST

White **V** **VE** 150 Kcal **G, SO**

Malted **V** **VE** 150 Kcal **G, SO**

COLD DRINKS

Orange | Cranberry | Apple | Milk | Water

FROM THE KITCHEN

WEST COUNTRY BREAKFAST **GF** 778 Kcal

Two rashers of bacon, one sausage, a roasted tomato, sautéed mushrooms, mini hash browns, baked beans & egg **E, SU**

(Please choose if you would like your egg poached, scrambled or fried)

VEGAN BREAKFAST **V** **GF** **VE** 708 Kcal

Two vegan sausages, sautéed mushrooms, mini hash browns, baked beans, a roasted tomato and fried tofu **SO**

JUMBO OAT PORRIDGE **V** 179 Kcal

With toasted almonds & honey **G, D, N**

POACHED SMOKED HADDOCK 351 Kcal

With spinach, poached egg & mustard cream **G, D, E, F, M, SU**

THREE EGG OMELETTE **V** **GF** 320 Kcal

With cheddar cheese **D, E**

POACHED EGGS ON TOAST **V** **GF?** 284 Kcal **G, E, SO, SU**

TOFU & AVOCADO ON TOAST **V** **GF?** **VE** 500 Kcal

Crispy fried silken tofu, smashed avocado and mint on toasted sourdough served with chimichurri **G, SO**

LOADED CROISSANT

Cheese & Sautéed Mushrooms **V** 340 Kcal **G, D, E**

Bacon & Cheese 410 Kcal **G, D, E**

GLUTEN FREE TOAST **GF** **V** 182 Kcal **E**

Adults need around 2000 Kcal a day. 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.

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

GF GLUTEN FREE

VE VEGAN

GF? CAN BE GLUTEN FREE (please ask)

VE? CAN BE VEGAN (please ask)

V VEGETARIAN

OPEN 7 DAYS A WEEK

62TheBank 11.30am-2.30pm, 6pm-9.30pm

Bar62 Sun-Thur 5pm-11pm, Fri 5pm-12am, Sat 3pm-12am

