



## BREAKFAST MENU

### FULL MONTY! 707 kcal **£9.75**

1 fried egg, back bacon, sausage, black pudding, mushrooms, hash brown, tinned tomatoes & baked beans with toast & butter.

### LIGHT BREAKFAST 480 kcal **£7.45**

1 fried egg, bacon, sausage, tinned tomatoes or baked beans with toast & butter.

### VEGETARIAN BREAKFAST 518 kcal **£6.95**

1 fried egg, hash brown, tinned tomatoes & baked beans with toast & butter. Or swap the egg for a plant based Cumberland sausage. **V**

### CONTINENTAL BREAKFAST 507 kcal **£6.75**

A choice of cereal served with cold milk & a glass of apple or orange served with toast, butter & preserves. **V**

### EGGS BENEDICT 724 kcal **£7.95**

2 slices of prime back bacon & 2 poached eggs, served on an English muffin, topped with hollandaise sauce.

### MINERS BREAKFAST 807 kcal **£7.95**

2 pieces of black pudding & 2 poached eggs, served on an English muffin, topped with hollandaise sauce.

### WAFFLES 803 kcal **£6.75**

Warm waffles with fruits of the forest & natural yoghurt. **V**

Gluten free waffle option available, please ask. **GF**

## BREAKFAST BUNS

<b>BACON, SAUSAGE &amp; EGG BUN</b> 600 kcal	<b>£5.75</b>
<b>SAUSAGE &amp; EGG BUN</b> 658 kcal	<b>£5.25</b>
<b>BACON &amp; EGG BUN</b> 546 kcal	<b>£5.25</b>
<b>DOUBLE BACON BUN</b> 468 kcal	<b>£4.95</b>
<b>DOUBLE SAUSAGE BUN</b> 580 kcal	<b>£4.95</b>
<b>DOUBLE EGG BUN</b> 366 kcal <b>V</b>	<b>£4.25</b>

## BREAKFAST EXTRAS

<b>FRIED EGG</b> 63 kcal <b>V</b>	<b>£1.75</b>
<b>BAKED BEANS</b> 36 kcal <b>VE V</b>	<b>£1.30</b>
<b>TOMATOES</b> 14 kcal <b>VE V</b>	<b>£1.30</b>
<b>SLICED MUSHROOMS</b> 7 kcal <b>VE V</b>	<b>£1.30</b>
<b>BACON</b> 81 kcal	<b>£1.95</b>
<b>HASH BROWNS</b> 202 kcal <b>VE V</b>	<b>£1.50</b>
<b>PORTION OF CHIPS</b> 280 kcal <b>VE V</b>	<b>£3.95</b>
<b>SAUSAGE</b> 170 kcal	<b>£1.95</b>
<b>BLACK PUDDING</b> (2 Slices) 338 kcal	<b>£1.75</b>
<b>PLANT BASED CUMBERLAND SAUSAGE</b> 63 kcal <b>VE GF</b>	<b>£1.75</b>
<b>CEREAL &amp; MILK</b> 300 kcal <b>V</b>	<b>£2.95</b>
<b>ORANGE JUICE</b> 60 kcal	<b>£2.20</b>
<b>APPLE JUICE</b> 60 kcal	<b>£2.20</b>
<b>TOAST &amp; BUTTER</b> 198 kcal <b>V</b>	<b>£2.00</b>
<b>TOAST, BUTTER &amp; PRESERVE</b> 294 kcal <b>V</b>	<b>£2.95</b>



# SANDY BAY

A luxury residential resort

## HOT DRINKS

<b>ESPRESSO</b> 5 kcal	<b>£2.25</b>
<b>AMERICANO</b> 10 kcal	<b>£2.95</b>
<b>CAFFE LATTE</b> 50 kcal	<b>£2.95</b>
<b>CAPPUCCINO</b> 50 kcal	<b>£2.95</b>
<b>CAFFE MOCHA</b> 125 kcal	<b>£2.95</b>
<b>FLAT WHITE</b> 50 kcal	<b>£2.95</b>
<b>EARL GREY TEA</b> 10 kcal	<b>£1.95</b>
<b>DECAFFEINATED TEA</b> 10 kcal	<b>£1.95</b>
<b>BREAKFAST TEA</b> 10 kcal	<b>£1.95</b>
<b>LEMON TEA</b> 10 kcal	<b>£1.95</b>
<b>PEPPERMINT TEA</b> 10 kcal	<b>£1.95</b>
<b>GREEN TEA</b> 10 kcal	<b>£2.95</b>
<b>HOT CHOCOLATE</b> 200 kcal	<b>£2.95</b>

Some of our dishes can be adapted to suit your dietary requirements. Please speak to a member of our team. Please notify our team of any allergies when ordering. We take great care to prevent cross-contamination when preparing food, however please be aware that all our dishes are prepared in kitchens where all known allergens are present, therefore we cannot guarantee that any food item is completely free from allergens.

All items on this menu are subject to availability.  
All prices are paid in pound sterling and include VAT at the current rate.