

# MARKET KITCHEN

## TO START

### Juices

Orange 47kcal / Apple 47kcal  
Red berry 16kcal

### Tea & coffee

Tea 0kcal  
Coffee 0kcal

### Toast <sup>v</sup>

served with butter and preserves  
White 401kcal / Brown 406kcal

Calorie information provided for tea and coffee doesn't include milk, please refer to Hot Drinks section for calorie information.

## CONTINENTAL TABLE

### Cereals <sup>v</sup>

served with semi-skimmed milk

Bran Flakes 315kcal  
Corn Flakes® 256kcal  
Muesli 313kcal  
Weetabix® 323kcal

Overnight oats <sup>v</sup> <sup>ve</sup>  
soya, cinnamon,  
blueberry, prunes.  
258kcal

Yoghurt & fruit compote <sup>v</sup>  
67kcal

### Bakery <sup>v</sup>

Croissant 298kcal  
Chocolate & fruit pastry 380kcal  
Brown roll 104kcal / White roll 104kcal  
Butter 92kcal / Preserves 96kcal

### Fruit

Fresh fruit salad <sup>v</sup> <sup>ve</sup>  
21kcal

Grapefruit segments  
in syrup <sup>v</sup> <sup>ve</sup>  
56kcal

Prunes <sup>v</sup> <sup>ve</sup>  
in juice. 84kcal

Whole fruit <sup>v</sup> <sup>ve</sup>  
Orange 72kcal  
Apple 64kcal  
Banana 33kcal

### Smoothies

Exotic Mix <sup>v</sup> <sup>ve</sup>  
mango, passion fruit,  
pineapple, orange.  
32kcal

## FULL ENGLISH BREAKFAST

Bacon  
163kcal

Cumberland sausage  
115kcal

Roasted tomato <sup>v</sup> <sup>ve</sup>  
70kcal

Baked beans <sup>v</sup> <sup>ve</sup>  
113kcal

Hash brown <sup>v</sup> <sup>ve</sup>  
576kcal

Mushrooms <sup>v</sup> <sup>ve</sup>  
68kcal

Fried egg <sup>v</sup>  
317kcal

Scrambled egg <sup>v</sup>  
255kcal

Poached egg <sup>v</sup>  
154kcal

## THE KITCHEN

### Porridge <sup>v</sup>

with your choice of topping

Plain 299kcal  
Brown sugar 339kcal  
Sultanas 358kcal  
Almonds 362kcal  
Honey 350kcal

### Pancakes <sup>v</sup>

Two pancakes  
served with a topping of your choice

Plain 310kcal  
Fruit compote 348kcal  
Lemon 312kcal  
Sugar 330kcal

### Freshly cooked omelette

choose your own filling

Plain <sup>v</sup> 214kcal / Ham 226kcal / Cheese <sup>v</sup> 255kcal  
Tomato <sup>v</sup> 217kcal / Mushroom <sup>v</sup> 298kcal

Smoked haddock & poached eggs  
469kcal

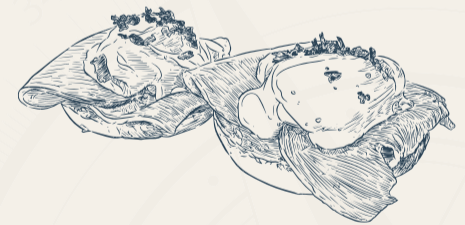
Scrambled tofu <sup>v</sup> <sup>ve</sup>  
spring onion, chilli, spinach, toasted  
white bread, crushed cashew nuts. 485kcal

Vegan breakfast <sup>v</sup> <sup>ve</sup>  
sweet potato falafel, crushed avocado,  
mushrooms, roasted tomato, scrambled  
tofu, sourdough toast. 874kcal

## CHEF'S SPECIAL

Please ask your Host

(daily changing)



## HOT DRINKS

Smith's of London

Hand-crafted. Artisan roast. Master blenders. Speciality coffees & teas... since 1936.



Cappuccino\*  
regular 3.95 92kcal / large 4.25 87kcal

Macchiato\*  
regular 3.35 12kcal

Espresso  
regular 2.85 1kcal / large 3.75 1kcal

Latte\*  
regular 3.95 116kcal / large 4.25 106kcal

add any flavour coffee syrup for 50p Caramel 59kcal | Hazelnut 59kcal | Vanilla 59kcal

\*Calorie information includes semi skimmed milk. Jug of Semi skimmed milk 120kcal. We also offer milk alternatives at no extra cost. Almond 31kcal | Coconut 79kcal | Soya 79kcal | Oat 110kcal

For calorie information for all dishes, please refer to the labels on the buffet counter. Alternatively, scan our QR code to find out more.

<sup>v</sup> Suitable for vegetarians <sup>ve</sup> Suitable for vegans

For more information about the presence of allergens in all our dishes and menus, please ask a member of our team every time before ordering even if you have dined with us before as our food ingredients and specifications can change. Full allergen information on the ingredients in the food we serve is available via QR code on menu. Packaged products (i.e. sauce sachets and bottles, juices, water) are not covered in this allergen guide, allergen information for these products is printed on the packaging. We take great care to prevent cross-contamination when preparing your food, however, please be aware that all our dishes are prepared in kitchens where all known allergens are present and there is also risk of allergen cross contamination through shared cooking equipment e.g. fryers. Therefore, we cannot guarantee that any food item is completely free from allergens. If you would like further information on our cooking methods, please ask. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten free. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. MK BREAKFAST\_COASTAL\_UPDATE\_2023

Adults need around 2,000kcal a day

FOOD ALLERGY OR INTOLERANCE?

If you have a food allergy or intolerance, or just want more detail about the ingredients in our food and drinks including calories – please let our team know or scan the QR code to find out more.

