



## BREAKFAST MENU

### Continental Section

#### *Breakfast Cereals*

Cornflakes (g, v, ve), Rice Krispies (g, v, ve), All-Bran (g, v, ve), Weetabix (g), Muesli (pe, mo, v, ve)

#### *Natural Yogurt*

Served with pumpkin seed granola and fresh berries (d, g)

#### *Fresh Fruit Salad*

Hand cut seasonal fruit served in a light stock syrup (v, ve)

#### *Continental Breakfast Cheeses*

Dutch Edam, Smoked Applewood and Danish Blue (v, d)

#### *Continental Breakfast Meats*

English ham, Dutch salami and Italian mortadella (sd, d)

#### *Pastry Basket*

Oven baked viennoiseries and sweet muffins (g, e, d, n, so, v, pe)  
or gluten free sweet muffins, brioche rolls and sweet madeleines (e, d, v, n, pe)

#### *Fruit Juices*

Fresh orange (sd), tomato (sd), cranberry (sd), pineapple (sd), apple (sd), pink grapefruit (sd)

#### *Coffee*

Freshly ground Brazilian or decaffeinated coffee

#### *Teas & Infusions*

English breakfast, earl grey, green tea, camomile, lemon grass and ginger, peppermint, red berry and flower, organic red bush, jasmine, decaffeinated tea

*All beverages are available with semi-skimmed, skimmed, whole, soya or almond milk.*

### Traditional Cooked Breakfast

#### *English Breakfast*

Smoked bacon, herb sausage, hash brown, baked beans and baked field mushroom, roast tomato with your choice of scrambled, poached or fried egg (e, d, g, sd)

#### *Lifestyle Breakfast*

Grilled halloumi cheese, avocado, sliced tomato, grilled Portobello mushrooms, olives and poached eggs (e, d, sd, g)

#### *Smoked Salmon & Scrambled Eggs*

Severn and Wye oak smoked salmon with chive crème fraîche, lemon and scrambled eggs served on sourdough toast (fi, e, d)

#### *American Style Pancakes*

Streaky bacon served with fried egg and maple syrup or fresh berries and cinnamon sugar (g, e, d, sd)

#### *Smashed Avocado*

Smashed avocado on sourdough toast with chilli butter and poached eggs (g, e, d)

#### *Oatmeal Porridge*

Plain, banana or honey porridge with gluten free oats, made with milk, soya milk or water (d, sd, so)

#### *Breakfast Roll*

Bacon, herb sausage or fried egg in a freshly baked roll (e, g, d, so)

**£24.00**

#### ALLERGENS

*Luton Hoo Hotel, Golf and Spa is not a completely allergen free environment. We do however aim to minimise the risk of exposure and therefore if you suffer from a food allergy or intolerance, please inform a member of staff who will be happy to assist you when placing your order.*

(v) – vegetarian, (ve) – vegan, (ce) – celery, (mo) – mollusc, (cr) – crustacean, (mu) – mustard, (d) – dairy, (n) – nuts, (e) – egg, (pe) – peanuts, (fi) – fish, (se) – sesame, (g) – gluten, (so) – soya, (lu) – lupin, (sd) – sulphur dioxide