



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)
or gluten free sweet muffins, brioche rolls and sweet madeleines (e, d, v)

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)

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