

## BREAKFAST

SOUTHPLACEHOTEL.COM

### JUICES kcal per 300ml

Fresh orange 123kcal	Each 4.95
Fresh apple 144kcal	
Pineapple 123kcal	
Cranberry 189kcal	
Coldpress grapefruit 114kcal	
Pure green juice 114kcal	
Rise & shine 144kcal	
Ginger shot 7kcal	3.95

### HOT BEVERAGES

Caffe latte 158kcal	4.5
Cappuccino 125kcal	4.5
Flat white 151kcal	4.5
Americano 85kcal	4.5
Double espresso 52kcal	4.5
Espresso 26kcal	3.5
Hot chocolate 379kcal	4.5

### SELECTION OF TEAS

English breakfast 33kcal / Earl Grey 33kcal / Green Yunna Tea 0kcal / Peppermint 0kcal / Lemon & Ginger 0kcal / Fresh mint 3kcal	Each 5
--	--------

STAYING WITH US?

IF YOU HAVE BREAKFAST INCLUDED,

EAT LIKE ROYALTY UP TO £25

PER PERSON, PER DAY



### SOUTH PLACE FAVOURITES

Crushed avocado with Orange & lime, sourdough toast & poached eggs (v) 935kcal	14
Eggs Benedict 525kcal	11.5
Eggs Royal 557kcal	14.5
Eggs Florentine (v) 461kcal	11.5
Three egg omelette 618kcal with a choice of fillings: Cheddar cheese 123Kcal, tomato 15Kcal, mushroom 4Kcal, ham 212Kcal, onion 18Kcal, chili 5Kcal	12
Breakfast roll, fried egg and Hollandaise sauce. Fillings: Cumberland sausage 939kcal, Steaky Bacon 864kcal, Crushed avocado 761kcal	9
Oak smoked salmon and scrambled eggs, sourdough toast 774kcal	14.5
American style pancakes with streaky bacon, blueberries & maple syrup 718kcal, or banana & Nutella 880kcal	12.5
Full English breakfast Cumberland sausage, streaky bacon, slow roasted tomato, field mushroom, baked beans, Cumbrian black pudding, choice of eggs: poached eggs 937kcal, fried egg 1027kcal, scrambled egg 939kcal	16
Full vegetarian breakfast (v) Plant based sausage, slow roasted tomato, field mushroom, hash brown, baked beans, choice of eggs: poached eggs 590kcal, fried egg 635kcal, scrambled egg 594kcal	13
Full vegan breakfast 593kcal Plant based sausage, slow roasted tomato, field mushroom, baked beans, hash brown & crushed avocado (vg)	13

### OATS, FRUITS & GRAINS

Large rolled oat porridge (Available with milk 219kcal water 147kcal, oat milk 211kcal or almond milk 180kcal) (v/vg)	8
Organic Greek style yoghurt 488kcal with banana, nut granola & London honey (v)	8
Coconut yoghurt, mixed berries, 557kcal roasted coconut granola (vg)	9
Seasonal fruit plate (vg) 62kcal	9

### SIDES

Sourdough toast, cultured English butter (v) 375kcal	Each 3.25
Cumberland sausage 281kcal	
Smoked streaky bacon 217kcal	
Cumbrian black pudding 222kcal	
Baked beans 111kcal	
Hash brown 191kcal	
Slow roasted tomato 62kcal	
Flat mushrooms 53kcal	
Crushed avocado with chili & lime 326kcal	

### SELECTION OF PASTRIES

Croissant 101kcal, pain au chocolat 97kcal, pain aux raisins 118kcal	Each 3.25
--	-----------

Adults need around 2000 kcal a day

**Please note our basket of bread and butter contains 375 kcal per serving**  
If you have any food allergies or intolerances, please speak to your waiter before ordering. Please be aware that traces of allergens used in our kitchen may be present. A discretionary 15% service charge will be added to your total bill.

Prices include VAT