

MARKET KITCHEN

TO START

Juices

Orange 47kcal / Apple 47kcal
Red berry 16kcal

Tea & coffee

Tea 0kcal
Coffee 0kcal

Toast ✓

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 ✓

served with semi-skimmed milk

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

Overnight oats ✓

soya, cinnamon, blueberry,
prunes. 258kcal

Granola, yoghurt
& fruit compote ✓ 95kcal

Bakery ✓

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

Fruit

Fresh fruit salad ✓
58kcal

Fresh pink grapefruit ✓
36kcal

Prunes ✓
in juice. 84kcal

Whole fruit ✓
Orange 72kcal / Apple 64kcal / Banana 33kcal

Smoothies

Kale & coconut ✓
mango, apple, natural yoghurt. 48kcal

Exotic Mix ✓
mango, passion fruit,
pineapple, orange. 32kcal

FULL ENGLISH BREAKFAST

Bacon
163kcal

Cumberland sausage
115kcal

Roasted tomato ✓
70kcal

Baked beans ✓
113kcal

Hash brown ✓
576kcal

Mushrooms ✓
68kcal

Fried egg ✓
482kcal

Scrambled egg ✓
255kcal

Poached egg ✓
154kcal

THE KITCHEN

Porridge ✓

with your choice of topping

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

Pancakes ✓

Two pancakes
served with a topping of your choice

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

Meat & Cheese

Cured meat platter with Cheddar cheese & Brie
crusty bread, butter. 874kcal

Freshly cooked omelette

choose your own filling

Plain ✓ 281kcal / Ham 305kcal / Cheese ✓ 343kcal
Tomato ✓ 286kcal / Mushroom ✓ 368kcal

Eggs Royale

smoked salmon, toasted muffin, poached
eggs, spinach, Hollandaise sauce. 575kcal

Eggs Benedict

honey roasted ham, toasted muffin, poached
eggs, spinach, Hollandaise sauce. 591kcal

Smoked haddock & poached eggs
469kcal

Grilled kippers, parsley
butter & lemon
511kcal

Scrambled tofu ✓

spring onion, chilli, spinach,
toasted white bread,
crushed cashew nuts. 485kcal

Vegan breakfast ✓

sweet potato falafel, crushed avocado,
mushrooms, roasted tomato,
scrambled tofu, sourdough toast. 874kcal



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.

✓ Suitable for vegetarians ✓ Suitable for vegans

Adults need around 2,000kcal a day

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 UPDATE_2023

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.

