



# Royal Foresters Breakfast Menu

## SMALL PLATES

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- Plain Croissant, with butter and Jam (v) 501 kcal 3.90
- Pain Au Chocolat (v) 386 kcal 3.90
- Oat and Raisin Granola, Greek style yogurt and strawberry compote. (v) 457 kcal 6.20
- Strawberry split smoothie (vg, ngci) 154 kcal 5.50
- Berry go round smoothie (vg, ngci) 98 kcal 5.50
- Passion fruit and apple smoothie (vg, ngci) 164 kcal 5.50

## EGGS

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- Eggs Florentine, buttered spinach, soft poached egg and Hollandaise sauce (v) 597 kcal 12.25
  - Eggs Royale Severn and Wye smoked salmon, soft poached egg and Hollandaise 682 kcal 13.25
  - Eggs Benedict, roast ham, soft poached egg and Hollandaise 636 kcal 12.25
  - Eggs Funghi, sautéed mushrooms, buttered spinach, soft poached egg and Hollandaise sauce (v) 673 kcal 12.25
  - Steak & Eggs Tender bavette steak seasoned and char-grilled to your liking, served with two farm-fresh fried eggs and crispy golden hash browns. Finished with a signature seasoning blend of garlic, onion, and aromatic spices. (ngci) 691 kcal 14.95
  - Scrambled eggs, sourdough, Severn and Wye smoked salmon 620 kcal 12.25
  - Shakshuka; baked egg in spiced tomato, pepper and onion sauce, Greek style yogurt, sour dough (v) 537 kcal 12.75
  - Smashed avocado, poached eggs, sourdough, pico do gallo (v) 523 kcal 12.25
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|--------------------------------------------|-------------------------------------|---------------------------------------------|
| Hashbrowns (vg, ngci) 218 kcal 1.75        | Smoked Salmon (ngci) 128 kcal 2.50  | Bacon (ngci) 108 kcal 2.35                  |
| Cumberland sausage (ngci) 190 kcal 2.35    | Baked beans (vg, ngci) 78 kcal 2.00 | Black pudding (ngci) 69 kcal 2.00           |
| Portobello mushroom (v, ngci) 38 kcal 2.00 | Avocado (vg, ngci) 134 kcal 3.00    | Roast plum tomatoes (vg, ngci) 87 kcal 2.00 |

## BREAKFAST

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- Full English, bacon, sausage, black pudding, mushrooms, tomato, hash brown, beans, fried eggs 1120 kcal 13.50
- Vegetarian full English, sausages, mushrooms, tomatoes, hash brown, baked beans, fried eggs (v) 1086 kcal 11.95

## TEAS AND COFFEE

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|----------------------------------------|----------------------------------------|------------------------------------------|
| Hot Chocolate (v, ngci) 138 kcal 4.00  | Green Tea (vg, ngci) 0 kcal 3.40       | Iced Latte (v, ngci) 88 kcal 3.45        |
| Single Espresso (vg, ngci) 1 kcal 2.90 | Double Espresso (vg, ngci) 1 kcal 3.40 | Cappuccino (v, ngci) 67 kcal 3.70        |
| Flat White (v, ngci) 54 kcal 3.70      | Latte (v, ngci) 89 kcal 3.70           | Mocha (v, ngci) 198 kcal 4.00            |
| Macchiato (v, ngci) 14 kcal 3.10       | Americano (v, ngci) 12 kcal 2.90       | English Breakfast (v, ngci) 13 kcal 3.30 |
| Earl Grey Tea (v, ngci) 11 kcal 3.40   | Peppermint Tea (vg, ngci) 0 kcal 3.40  |                                          |

### Additional Menu Information



Please speak to a member of crew if you have any food allergies or intolerances before ordering. For calories and allergen information please scan this QR or ask a crew member for assistance.

Non-Gluten Containing Ingredient Dishes – Indicates that the dish does not have any gluten containing ingredients. We do not make any 'free from' claims or declare that any of our dishes are gluten free. As we handle many allergens in our busy kitchens, we cannot guarantee all traces of allergens are completely removed.