

Please help yourself to our array of local, regional, and international breakfast items from our breakfast table. This also includes a selection of juices and smoothies\*

If you have any allergies or intolerances, we have a separate section on our buffet table especially for you. Please make us aware of intolerances, allergies and dietary requirements and do speak to us if you have any questions or concerns.

All our breakfast dishes can be prepared with gluten free bread..

## £20.00 Per Person

Includes an a la carte option and continental breakfast

### £10.00 Per Person

Includes continental breakfast only



\*Please note all items are subject to availability



# HOTEL

#### YORK

# **OUR HOT MENU**

#### Full Yorkshire Breakfast 1,198Kcal

Bacon, Sausage, Black Pudding, Grilled Tomato, Mushroom, Hash Brown, Baked Beans, Toast

Choose your egg: Fried Egg (109Kcal), Scrambled Egg (182Kcal) and Poached Egg (71Kcal)

Vegetarian (741Kcal), Vegan (614Kcal) and Gluten Free (860Kcal) options available

#### Belgian Waffles 368Kcal (V)

Crispy Bacon (226Kcal) Maple Syrup (78Kcal) v Grilled Banana (102Kcal) v Nutella (179Kcal) v

#### Porridge 376Kcal (V)

Soya Milk (84Kcal) ve Oat Milk (80Kacal) ve Whole Milk (206Kacal) v Semi Skimmed Milk (128Kcal) v

#### Crushed Avocado on Toasted Sourdough Bread 458Kcal

With Grilled Tomato and Poached Egg v

# **OUR BEVERAGES**

- Filter Coffee Cappuccino
  - Latte
  - Lutto
  - Mocha
- Americano
- Espresso Hot Chocolate Breakfast Tea Peppermint Tea
- Peppermint Te Earl Grey Tea

o Chamomile Tea late Decaf Tea Tea Green Tea

Adults need around 2,000kcal per day

(V) Vegetarian, (VE) Vegan | additional options available on request.

#### Egg-Cellent start to your day

Eggs Benedict Ham, Hollandaise (433Kcal) Eggs Royale Smoked Salmon, Hollandaise (428Kcal) Eggs Florentine Spinach, Hollandaise (403Kcal) v Eggs Miner Black Pudding, Hollandaise (463Kcal) Poached (142Kcal) v Creamy Scrambled (182Kcal) v Fried (218Kcal) v

All of the above served on Toasted Sourdough Bread Bloomer Bread available on request

#### Creamy Scrambled Eggs with Pan-Fried Smoked Salmon 684Kcal

Served on Toasted Sourdough Bread

#### Breakfast Bap 213Kcal

Choose one from the below: Sausage (212kcal) Bacon (108Kcal) Fried Egg (218Kcal) v



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