

# BREAKFAST

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**UNLIMITED**

**KIDS EAT  
FREE\***



## A GREAT **UNLIMITED** BREAKFAST ON YOUR DOORSTEP. LITERALLY.

No need to book, head down to our Bar Café and one of our lovely team will look after you.

Booked? Let the guys at breakfast know your room number when you arrive, and enjoy!

### THE GRILL

Tasty and hot classic breakfast items.

#### PRIME BACK BACON 🌱

123 kcal per rasher

#### CUMBERLAND SAUSAGES

119 kcal each

#### FREE-RANGE SCRAMBLED EGGS 🌱 🥚

161 kcal per 130g spoon

#### HASH BROWNS 🌱 🥚

101 kcal each

#### QUORN™ CUMBERLAND SAUSAGES 🌱

111 kcal each

#### FRESH MUSHROOMS 🌱 🥚

13 kcal per 60g spoon

#### FRESH TOMATOES 🌱 🥚

15 kcal per half

#### BAKED BEANS 🌱 🥚

52 kcal per 60g spoon

### THE BAKERY

Flaky croissants, fluffy pancakes & more.

#### BUTTER CROISSANTS 🌱

163 kcal each

#### BAGELS 🌱

296 kcal each

#### AMERICAN-STYLE PANCAKES 🌱

84 kcal each

#### THICKLY SLICED WHITE BREAD 🌱

128 kcal per slice

#### THICKLY SLICED BROWN BREAD 🌱

116 kcal per slice

#### SPREADS & TOPPINGS

Peanut butter 🌱 🥚 78 kcal

Nutella 🌱 🥚 82 kcal

**NEW** Lyle's Maple-Flavoured Syrup 🌱 🥚 63 kcal

Honey 🌱 🥚 65 kcal

Marmalade 🌱 🥚 48 kcal

A range of jams 🌱 🥚 48 kcal each

Salted butter 🌱 🥚 52 kcal

Sunflower spread 🌱 🥚 50 kcal

### FRUIT & YOGHURT

Fresh, healthy and delicious.

#### FRUIT

A selection of fresh fruit 🌱 🥚

Fruit salad 🌱 🥚 47 kcal per spoon

Berry compote 🌱 27 kcal per spoon

#### YOGHURT

A selection of yoghurts:

Yeo Valley Organic 🌱 🥚 66-78 kcal

Alpro plant-based 🌱 🥚 86 kcal

### MILK

Our selection of dairy & alternative milks.

Semi-skimmed milk 🌱 🥚 58 kcal per 125ml

Alpro almond milk 🌱 🥚 16 kcal per 125ml

Alpro oat milk 🌱 🥚 76 kcal per 125ml

Plus kids eat **FREE**\*

### CEREALS

Our range of popular favourites.

#### SELECTION OF KELLOGG'S CEREALS 🌱

84-171 kcal without milk

#### OAT GRANOLA 🌱

155 kcal per portion without milk

#### WEETABIX™ 🌱

138 kcal without milk

#### SCHAR GLUTEN FREE CORNFLAKES 🌱 🥚

93 kcal without milk

#### STOATS PORRIDGE 🌱

217 kcal

### DRINKS

A choice of hot & cold beverages.

**LAVAZZA**

TORINO, ITALIA. 1895

#### LATTE

43 kcal

#### CAPPUCCINO

52 kcal

#### AMERICANO

30 kcal

With milk 43 kcal

#### ESPRESSO

30 kcal

#### MOCHA

74 kcal

#### HOT CHOCOLATE

81 kcal

#### TYPHOO TEA

With semi-skimmed milk 15 kcal

#### GREEN TEA

1 kcal

#### PEPPERMINT TEA

1 kcal

#### RED BERRIES TEA

1 kcal

#### APPLE JUICE 🌱

75 kcal per 170ml

#### ORANGE JUICE 🌱

73 kcal per 170ml

Our allergen guide contains a list of all of the dishes from our menu. Go to [www.travelodge.co.uk/about/allergen-information](http://www.travelodge.co.uk/about/allergen-information) for more information. We ask our customers with specific food allergens and other intolerances to use this guide to assist them with choosing dishes from our menu. Before you order your food, please ask for our allergen guide, our staff cannot offer specific advice or recommendations beyond our published allergen guide. Ingredients can occasionally be substituted at short notice so please review the allergy information on the website at the time of your visit and ask your server when you arrive. All of our products may contain traces of nuts and/or dairy. 🥚 made with gluten free ingredients. 🌱 🌱 made with vegetarian/vegan ingredients, however some of our cooking methods may affect this. Dishes and ingredients subject to change, we may occasionally sell out of some of the more popular dishes. The calories provided are based on the average serving size for the whole dish or drink as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at the time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. \*Up to two children aged 15 or under eat free, when an adult orders the full priced breakfast. Adults need around 2000 calories a day. 🌱 Vegetarian, 🌱 Vegan, 🥚 Gluten Free.