

Fruit & Yoghurt

Fresh, healthy & delicious.

FRUIT VE GF

A selection of fresh fruit

FRUIT SALAD VE GF

47 kcal per 65g spoon

FRUITS OF THE FOREST VE GF

26kcal per 65g spoon

YOGHURT GF

Yeo Valley Organic V 66-78kcal

Alpro plant-based VE 86kcal

Cereals

Our range of popular favourites.

SELECTION OF KELLOGG'S™ CEREALS

V 84-171kcal without milk

OAT GRANOLA V

155kcal per portion without milk

WEETABIX™ VE

138kcal without milk

SCHAR GLUTEN FREE CORNFLAKES

VE GF 93kcal without milk

STOATS PORRIDGE V

217kcal

Milk

Our selection of dairy & alternatives.

SEMI-SKIMMED MILK V GF

58kcal per 125ml

ALPRO ALMOND MILK VE GF

16kcal per 125ml

PUREOATY BARISTA

GLUTEN-FREE OAT DRINK VE GF

74kcal per 125ml

The Bakery

Flaky croissants, fluffy pancakes & more.

BUTTER CROISSANTS V

163kcal each

BAGELS VE

296kcal each

AMERICAN-STYLE PANCAKES VE

84kcal each

THICKLY-SLICED WHITE BREAD VE

128kcal per slice

THICKLY-SLICED BROWN BREAD VE

116kcal per slice

SPREADS & TOPPINGS

Peanut butter VE GF 78kcal

Nutella V GF 82kcal

Lyle's Maple-Flavoured Syrup VE GF 63kcal

Honey V GF 65kcal

Marmalade VE GF 48kcal

A range of jams VE GF 48kcal each

Salted butter V GF 52kcal

Sunflower spread VE GF 50kcal

The Grill

Hot & tasty breakfast classics.

PRIME BACK BACON GF

123kcal per rasher

CUMBERLAND SAUSAGES

119kcal each

FREE-RANGE SCRAMBLED EGGS V GF

161kcal per 130g spoon

HASH BROWNS VE GF

153kcal each

QUORN™ CUMBERLAND SAUSAGES VE

111kcal each

FRESH MUSHROOMS VE GF

13kcal per 60g spoon

FRESH TOMATOES VE GF

15kcal per half

BAKED BEANS VE GF

52kcal per 60g spoon

Drinks

A choice of Lavazza Coffee
or hot & cold beverages.

LATTE

43kcal

CAPPUCCINO

52kcal

AMERICANO

30kcal

With milk 43kcal

FLAT WHITE

60kcal

ESPRESSO

30kcal

MOCHA

74kcal

HOT CHOCOLATE

81kcal

PG TIPS

With semi-skimmed milk 15kcal

GREEN TEA

1kcal

PEPPERMINT TEA

1kcal

RASPBERRY HERBAL TEA

1kcal

APPLE JUICE

75kcal per 170ml

ORANGE & APPLE JUICE

73kcal per 170ml

**UNLIMITED
BREAKFAST**

**KIDS EAT
FREE!***

V - Vegetarian | VE - Vegan | GF - Gluten free

*Up to two children aged 15 or under eat free, when an adult orders the full-priced breakfast. | Full T&Cs on reverse

TERMS & CONDITIONS

Before you order your food, please ask for our allergen guide or go to www.travelodge.co.uk/about/allergen-information, the team 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.

GF made with gluten free ingredients, however some of our cooking methods may affect this. **V/VE** made with vegetarian/vegan ingredients, however some of our cooking methods may affect this.

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. Adults need around 2000 calories a day. **V** Vegetarian, **VE** Vegan, **GF** Gluten Free.

Dishes and ingredients subject to change, we may occasionally sell out of some of the more popular dishes. *Up to two children aged 15 or under eat free, when an adult orders the full priced breakfast.