

## Fruit & yoghurt

Fresh, healthy and delicious.

### FRUIT VE GF

A selection of fresh fruit

### FRUIT SALAD VE GF

47 kcal per spoon

Berry compote **VE** 27 kcal per spoon

### YOGHURT GF

A selection of yoghurts:

Yeo Valley Organic **V** 66-78 kcal

Alpro plant-based **VE** 86 kcal

## The bakery

Flaky croissants, fluffy pancakes & more.

### BUTTER CROISSANTS V

163 kcal each

### BAGELS VE

296 kcal each

### AMERICAN-STYLE PANCAKES VE

84 kcal each

### THICKLY SLICED WHITE BREAD VE

128 kcal per slice

### THICKLY SLICED BROWN BREAD VE

116 kcal per slice

### SPREADS & TOPPINGS

Peanut butter **VE GF** 78 kcal

Nutella **V GF** 82 kcal

Lyle's Maple-Flavoured Syrup **VE GF** 63 kcal

Honey **V GF** 65 kcal

Marmalade **VE GF** 48 kcal

A range of jams **VE GF** 48 kcal each

Salted butter **V GF** 52 kcal

Sunflower **VE GF** 50 kcal spread

## Cereals

Our range of popular favourites.

### SELECTION OF KELLOGG'S CEREALS

**V** 84-171 kcal without milk

### OAT GRANOLA V

155 kcal per portion without milk

### WEETABIX™ VE

138 kcal without milk

### SCHAR GLUTEN FREE CORNFLAKES

**VE GF** 93 kcal without milk

### STOATS PORRIDGE

**V** 217 kcal

## The grill

Tasty and hot classic breakfast items.

### PRIME BACK BACON GF

123 kcal per rasher

### CUMBERLAND SAUSAGES

119 kcal each

### FREE-RANGE SCRAMBLED EGGS GF

**V** 161 kcal per 130g spoon

### HASH BROWNS VE GF

153 kcal each

### QUORN™ CUMBERLAND SAUSAGES VE

111 kcal each

### FRESH MUSHROOMS VE GF

13 kcal per 60g spoon

### FRESH TOMATOES VE GF

15 kcal per half

### BAKED BEANS VE GF

52 kcal per 60g spoon

## Milk

Our selection of dairy  
& alternative milks.

### SEMI-SKIMMED MILK GF V

58 kcal per 125ml

### ALMOND MILK GF VE

16 kcal per 125ml

### OAT MILK GF VE

76 kcal per 125ml

## Drinks

A choice of hot & cold beverages.

### LATTE

43 kcal

### CAPPUCCINO

52 kcal

### AMERICANO

30 kcal

With milk 43 kcal

### FLAT WHITE

60 kcal

### ESPRESSO

30 kcal

### MOCHA

74 kcal

### HOT CHOCOLATE

81 kcal

### PG TIPS

With semi-skimmed milk 15 kcal

### GREEN TEA

1 kcal

### PEPPERMINT TEA

1 kcal

### RED BERRIES TEA

1 kcal

### APPLE JUICE VE

75 kcal per 170ml

### ORANGE JUICE VE

73 kcal per 170ml

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!

**£10.55**

**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&C's on reverse

try a bit of everything!

Pizza and light bites are available anytime outside of breakfast serving hours.

Take on the world with our Meal Deal.

Any main and a light bite or ice cream for

£14

## Light bites

Mix and match any 3 of our Light Bites for **£11.85**

**LOADED MANOMASA NACHOS** 4.69  
Manomasa Manchego & Green Olive Tortilla Chips loaded with nacho cheese sauce, chunky salsa, guacamole, sour cream and jalapeños. **L V S** 323 kcal

**LOADED WINGS** 5.25  
Three chicken wings loaded with chunky salsa, guacamole, sour cream, jalapenos and crumbled Manomasa Manchego & Green Olive Tortilla Chips. **L S** 400 kcal

**NATIVE PRAWN FLAVOURED CRACKERS** 4.15  
Plant-based prawn crackers with a sweet chilli dipping sauce. **L VE** 116 kcal

**OLIVES & FLATBREAD** 4.69  
Mixed pitted Greek olives with oregano served with a Middle Eastern-style, hand-stretched flatbread. **L VE** 445 kcal

**GARLIC FLATBREAD** 4.35  
Middle Eastern-style, hand-stretched flatbread with garlic and herb butter. **L V** 367 kcal Add mozzarella 500 kcal **+£1**

**MEATBALLS ARRABBIATA** 5.25  
Eight mini beef meatballs, in a garlic chilli Arrabbiata sauce. **L S** 264 kcal

**SWEET POTATO FALAFEL** 4.69  
Four sweet potato falafel bites with a vegan garlic mayo dip. **L VE** 387 kcal

**CHICKEN SKEWERS** 5.25  
Two Chimichurri chicken skewers with a sour cream dip. **L S** 256 kcal

**MINI SAUSAGES IN CHILLI JAM** 4.69  
Ten mini sausages in a sticky sweet chilli jam. **L** 455 kcal

**THICK-CUT CHIPS** 4.20  
**L VE GF** 308 kcal

**GIANT BEER-BATTERED ONION RINGS** 4.29  
**L VE** 383kcal

**CORN ON THE COB** 4.29  
**L VE GF** 126 kcal

**HOUSE SALAD** 4.29  
**L VE GF** 59 kcal

**WHOLEFOOD SALAD** 4.29  
**L VE GF** 207 kcal

### Lighter and Healthier options

**FLATBREAD PIZZA** 12.25  
Melted mozzarella, mushrooms, chunky roasted chargrilled cherry tomatoes, aubergine, courgette, red and yellow pepper, and olives with oregano on a rich tomato sauce on a 9" handstretched, Middle-Eastern style flatbread base. Served with a side of salad. **L V** 498 kcal

**CUBAN SALAD FLATBREAD** 12.10  
Four sweet potato falafel on a bed of mixed salad in a Chimichurri sauce, served on a Middle Eastern-style, hand-stretched flatbread. **L VE** 515 kcal

## Pizza

Our 12" **authentic** stone-baked pizzas are **freshly-made** to an Italian recipe and cooked to order in our stone ovens. Oh, and they're also part of our great value **Meal Deal!**

**MARGHERITA** 12.25  
Melted mozzarella on a rich tomato sauce. **V** 1073 kcal

**PEPPERONI** 12.65  
Melted mozzarella and smoky pepperoni on a rich tomato sauce. 1290 kcal

**VEGGIE** 12.65  
Melted mozzarella, mushrooms, chunky roasted chargrilled cherry tomatoes, aubergine, courgette, red and yellow pepper, and olives with oregano on a rich tomato sauce. **V** 1222 kcal

**BBQ CHICKEN** 12.65  
Tender chicken breast, mixed peppers and melted mozzarella on a rich tomato sauce topped with BBQ sauce. 1182 kcal

**NDUJA** 13.15  
Melted mozzarella, Nduja (n-du-ya!) spicy sausage, sweet red pimento peppers and PEPPADEW® piquante peppers on a rich tomato sauce with sweet chilli jam. **S** 1441 kcal

**MEAT FEAST** 13.15  
Melted mozzarella, smoky pepperoni, tender chicken breast and crispy bacon on a rich tomato sauce. 1324 kcal

**CHEESEBURGER** 13.15  
Melted mozzarella, beef meatballs and sliced gherkins drizzled with French's® Classic Yellow Mustard® and burger sauce. 1414 kcal

**SAUCES** **£1.65 EACH**  
BBQ **GF VE** 87 kcal  
lemon & herb piri piri **VE GF**  
**S** 91 kcal

These dishes are available as part of our Meal Deal for a £1.50 supplement.



Order your food and drinks at the bar.

**V** - Vegetarian | **VE** - Vegan  
**GF** - Gluten free | **L** - under 600 calories  
**S** - Spicy | Full T&C's on reverse

Kids menu available!

## White

175ml 250ml Bottle  
Bona Vita  
**PINOT GRIGIO** 5.80 6.95 20.40  
Dry, easy-drinking, subtle pear and apple notes.  
*Italy.*

Talevera  
**AIREN-SAUVIGNON** 5.55 6.29 18.49  
Zesty white with citrus, grapefruit and tropical pineapple. *Spain*

Footsteps  
**CHARDONNAY** 6.05 7.89 22.89  
Fresh with apricot slices and a twist of citrus.  
*South Eastern Australia*

Leefield Station  
**SAUVIGNON BLANC** 7.59 8.80 26.35  
Lime zest, passion fruit and musky pink grapefruit, with exotic citrus and woody herbs.  
*Marlborough, New Zealand.*

R  serve Mirou  
**PICPOUL DE PINET** 6.25 8.05 22.05  
Citrusy southern French white.  
*South of France. VE*

## Rose

175ml 250ml Bottle  
Whispering Hills  
**WHITE ZINFANDEL** 5.80 6.95 20.40  
Fresh summer fruit and lively acidity.  
Medium-bodied. *California, USA.*

Marchesi Ervani  
**PINOT GRIGIO ROSATO** 5.55 6.29 18.49  
A bouquet of wild flowers and vanilla with a delicate strawberry flavour. *Italy. VE*

Estandon  
**PROVENCE ROS  ** 7.59 8.80 26.35  
Silky and smooth with a lovely balance of freshness silky body. *France. VE*

VE - Vegan

drinkaware

## Red

175ml 250ml Bottle  
Luis Felipe Edwards  
**LOT 2 MALBEC** 6.05 7.89 22.89  
Intense with rich red berry fruit aromas, juicy plums, dark chocolate and mulberries.  
*Rapel Valley, Chile. VE*

Monte Verde  
**MERLOT** 5.55 6.29 18.49  
Supple and intensely-juicy with flavours of ripe red berries and plums. *Chile. VE*

Short Mile Bay  
**SHIRAZ** 5.80 6.95 20.40  
Rich berry fruit on the palate and a pinch of pepper spice. *Australia.*

Arnegui  
**RIOJA CRIANZA** 7.59 8.80 26.35  
Fruity aromas of sweet cherries, red plums, orange peel and oak. *Spain.*

Portillo  
**MALBEC** 7.59 8.80 26.35  
Plums, blackberries and a touch of vanilla supported by a touch of spice. *Argentina. VE*

## Sparkling

Glass 20cl 70cl  
Galanti  
**PROSECCO** 4.65 6.45 25.59  
Extra Dry  
Fine, persistent, soft fizz with flavours of apple, pear and a hint of peach. *Italy. VE*

Galanti  
**PROSECCO ROS  ** 6.45  
Extra Dry  
Light summer fruits and a hint of white peach.  
*Italy. VE*

ORDER YOUR FOOD AND  
DRINKS AT THE BAR!

## Cocktails

**PASSION FRUIT MARTINI** 14% 8.25  
58 & Co Vodka, passion fruit puree, passion fruit liqueur, and vanilla syrup.

**ESPRESSO MARTINI** 14% 8.25  
58 & Co Vodka, cold brew coffee, coffee liqueur, simple syrup.

**MOJITO** 16% 8.25  
Merchant's Choice Rum, 100% pressed lime juice, simple syrup and mint.

**ELDERFLOWER SPRITZ** 12% 8.25  
58 & Co Gin, elderflower cordial, mint and green tea.

**PICANTE MARGARITA** 16% 9.35  
Reposado 100% Agave Tequila, 100% pressed lime juice, agave nectar, chilli and coriander.

**OLD FASHIONED** 28% 9.35  
Buffalo Trace Bourbon, simple syrup and bitters.

**PIMM'S** 25% 8.25  
Pimm's, lemonade, mint and fresh summer fruit.

**APEROL SPRITZ** 11% 8.25  
Aperol, Prosecco, soda and a slice of orange.

## Craft soft drinks

Franklin & Sons  
**ORIGINAL LEMONADE** 86 kcal 3.59  
**MANDARIN & GINGER** 3.59  
**CRAFT SODA** 42 kcal  
**PINK GRAPEFRUIT SODA** 44 kcal 3.59

Frobishers  
**PINEAPPLE JUICE** 120 kcal 3.49  
**ORANGE JUICE** 90 kcal 3.49  
**APPLE JUICE** 105 kcal 3.49

Lemonaid  
**PASSION FRUIT** 83 kcal 3.59  
**BLOOD ORANGE** 90 kcal 3.59

## Perfect Pairings

**GORDON'S PINK GIN** 37.5% 8.25  
F&S Grapefruit Bergamot Tonic Water

**HENDRICK'S GIN** 41.4% 8.25  
F&S Elderflower with Cucumber Tonic Water

**CUBA LIBRE** 40% 8.25  
Captain Morgan dark rum mixed with lime and cola

## Beer, cider & more

World Lager  
**BUDWEISER** 330ML 4.5% 5.25  
**STELLA ARTOIS** 330ML 4.6% 5.45  
**CORONA EXTRA** 330ML 4.5% 5.85  
**CAMDEN HELLS** VE 330ML 4.6% 5.95  
**PERONI NASTRO AZZURRO** 330ML 5% 5.95  
**INNIS & GUNN** 330ML 5.6% 5.95

Ales  
**BREWDOG PUNK IPA** 330ML 5.4% 6.05  
**BEAVERTOWN NECK OIL** 330ML 4.3% 6.05  
**CAMDEN PALE ALE** VE 330ML 4% 6.05  
**SPITFIRE** 500ML 4.5% 5.89  
**MARSTON'S PEDIGREE** 500ML 5% 6.00  
**DOOM BAR** 500ML 4.3% 5.95  
**BLUE MOON** 330ML 5.4% 5.85

Low & no  
**STELLA ARTOIS ALCOHOL-FREE** 3.90  
60 KCAL 330ML 0%  
**BREWDOG NANNY STATE** 4.95  
26 kcal 330ml 0.5%  
**ERDINGER ALKOHOLFREI** 4.95  
125 kcal 500ml 0.04%  
**MAGNERS ZERO** 4.95  
66 kcal 330ml 0%

Cider  
**MAGNERS ORIGINAL** 568ML 4.5% 6.00  
**MAGNERS DARK FRUIT** 500ML 4% 6.00

Ready to drink  
**DESPERADOS** 330ML 5.9% 5.85  
**VK BLUE** 275ML 4% 5.89  
**CRABBIE'S GINGER BEER** 500ML 4% 5.95

## Coffees

A choice of hot beverages.

Lavazza coffee

**LATTE** 154 kcal **2.50**

**CAPPUCCINO** 154 kcal **2.50**

**FLAT WHITE** 94 kcal **2.40**

**MACCHIATO** 35 kcal **2.15**

**AMERICANO** 35 kcal **2.35**  
With milk 43 kcal

**MOCHA** 217 kcal **2.50**

**HOT CHOCOLATE** 280 kcal **2.50**

**ESPRESSO** 30 kcal **2.00**

PG Tips

**ENGLISH BREAKFAST** 1 kcal **2.25**

**GREEN TEA** 1 kcal **2.25**

**PEPPERMINT** 2 kcal **2.25**

**RASPBERRY** 1 kcal **2.25**

## Ice creams

Oh go on then...

**SELECTION OF ICE CREAMS OR SORBET** **6.00**

Choose three scoops of your choice **V GF L** with  
or without strawberry or chocolate sauce **VE** 75kcal

**VANILLA ICE CREAM** **V** 233 kcal

**DAIRY FREE VANILLA ICE CREAM** **VE** 273 kcal

**CHOCOLATE ICE CREAM** **VE** 185 kcal

**REESE'S PEANUT BUTTER ICE CREAM** **V** 331 kcal

**ALPHONSO MANGO SORBET** **VE** 146 kcal

**V** - Vegetarian  
**VE** - Vegan  
**GF** - Gluten free  
**L** - under 600 calories  
Full T&C's 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](http://www.travelodge.co.uk/about/allergen-information), 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.

**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.

Dishes and ingredients subject to change, we may occasionally sell out of some of the more popular dishes.

The meal deal includes a main and a side or dessert. Make it your own burgers are not included as part of the meal deal. **■** These dishes are available as part of our Meal Deal for a £1.50 supplement. **V** Vegetarian, **VE** Vegan, **GF** Gluten Free, **S** Spicy, **L** Under 600 calories.