

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

Wifi is always free in our Bar Café

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

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!

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

**UNLIMITED
BREAKFAST**

£10.55

**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.

Wifi is always free in our Bar Café

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.

Réserve 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 ROSÉ 7.59 8.80 26.35
Silky and smooth with a lovely balance of freshness silky body. *France. VE*

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in our Bar Café

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 ROSÉ 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

VE - Vegan

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

Join us in our Bar Café and for
bottomless Tea/Coffee, totally
FREE Wifi and a cake for just

£5.00

TERMS & CONDITIONS

Before you order your food, please ask for our allergen guide or go to 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.