

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

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

£10.55

UNLIMITED
BREAKFAST

KIDS EAT
FREE!*

Try a bit of everything!
 Pizza and light bites are available anytime outside of breakfast serving hours.

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
 Frank's® RedHot VE GF S 11 kcal.

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



Take on the world with our

Meal Deal.

Any main and a light bite or ice cream for

£14



White

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

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.

Red

175ml 250ml Bottle
Monte Verde
MERLOT 5.55 6.29 18.49
Supple and intensely-juicy with flavours of ripe
red berries and plums. *Chile. VE*

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

Sparkling

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

drinkaware

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

Rose

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

Beer, cider & more

World Lager
BUDWEISER 330ML 4.5% 5.25
CAMDEN HELLS VE 330ML 4.6% 5.95
PERONI NASTRO AZZURRO 330ML 5% 5.95

Ales
CAMDEN PALE ALE VE 330ML 4% 6.05
SPITFIRE 500ML 4.5% 5.89

Low & no
STELLA ARTOIS ALCOHOL-FREE 3.90
60 KCAL 330ML 0%

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

Craft soft drinks

Franklin & Sons
ORIGINAL LEMONADE 86 kcal 3.59
MANDARIN & GINGER 3.59
CRAFT SODA 42 kcal 3.59
PINK GRAPEFRUIT SODA 44 kcal 3.59
Lemonaid
PASSION FRUIT 83 kcal 3.59

Coffees

A choice of hot beverages.

Lavazza coffee
LATTE 43 kcal 2.50
CAPPUCCINO 52 kcal 2.50
FLAT WHITE 60 kcal 2.40
AMERICANO 30 kcal 2.35
With milk 43 kcal
MOCHA 74 kcal 2.50
HOT CHOCOLATE 81 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

Take on the world with our
Meal Deal.
Any main and a light
bite or ice cream for **£14**

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
CHOCOLATE ICE CREAM VE 185 KCAL
DAIRY FREE VANILLA ICE CREAM VE 273 KCAL
REESE'S PEANUT BUTTER ICE CREAM V 331 KCAL
ALPHONSO MANGO SORBET VE 146 KCAL

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. **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.

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. **D** 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.

All of our wines have an ABV between 8-15%. Please ask a member of our team for details.

Full allergen information available on request. Food and drink Ingredients can occasionally be substituted or changed 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. 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 time of printing however, some product variation may occur.

All prices include VAT. ® Reg. Trademark used in agreement with the Trademark owner. "v" = suitable for vegetarians, "ve" = suitable for vegans. Alcohol served to over 18s only. Proof of age may be required when asked. Products subject to availability. All alcohol % vol information is correct at the time of printing, however these can change throughout the year. Please ask a team member or see bottle label for up to date information.

We remind all our guests to drink responsibly. For more information on responsible drinking visit www.drinkaware.co.uk.