

# 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 members will look after you.

Booked? Let the team 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

153 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

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

Fruits of the forest   26 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

PureOaty Barista Oat Drink   74 kcal per 125ml

## 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

#### FLAT WHITE

60 kcal

#### HOT CHOCOLATE

81 kcal

#### PG TIPS TEA

With semi-skimmed milk 15 kcal

#### GREEN TEA

1 kcal

#### PEPPERMINT TEA

1 kcal

#### RASPBERRY HERBAL







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 allergies and other intolerances to use this guide to assist them with choosing dishes from our menu. Before you collect 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.