

Tournament Tavern

Breakfast Menu

All knights need a hearty breakfast before a day of adventuring...
First, choose your favourite drink and then choose either a Continental Breakfast or one of our delicious cooked options.

Drinks

Freshly Brewed Coffee 10 kcal | Breakfast Tea 6 kcal
Orange Juice 1 kcal | Apple Juice 1 kcal or Milk 49 kcal

Adults

The Classic 1269 kcal

Cumberland Sausages | Grilled Back Bacon | Hash Browns | Grilled Tomato
Sautéed Button Mushrooms | Baked Beans | Scrambled, Poached or Fried Egg
White or Brown Toast

The Vegetarian 975 kcal

Vegetarian Sausages | Grilled Tomato | Sautéed Button Mushrooms
Baked Beans | Hash Browns | Scrambled, Poached or Fried Egg
White or Brown Toast

The Vegan 859 kcal

Vegan Sausages | Hash Brown | Grilled Tomato
Sautéed Button Mushrooms | Baked Beans | Smashed Avocado | Spinach

Kids

Junior Builder Classic 869 kcal

Pork Sausage | Grilled Back Bacon | Hash Browns | Baked Beans | Grilled Tomato
Sautéed Button Mushrooms | Scrambled or Fried Egg | White or Brown Toast

Junior Builder Vegetarian 715 kcal

Vegetarian Sausage | Baked Beans | Hash Browns | Grilled Tomato
Sautéed Button Mushrooms | Scrambled or Fried Egg | White or Brown Toast

Junior Builder Vegan 699 kcal

Vegan Sausage | Hash Brown | Grilled Tomato | Sautéed Button Mushrooms
Baked Beans | Smashed Avocado | Spinach

The Continental

Choice of cereal: Coco Pops | Rice Krispies | Bran Flakes | Corn Flakes
Weetabix | Special K | Gluten Free Corn Flakes

Pain au Chocolat 303 kcal | Mini Croissant 102 kcal | Jam & Butter

Fresh Fruit:

Red Apple 85 kcal | Green Apple 89 kcal | Banana 108 kcal | Orange 75 kcal

Fruit Yogurt Pot | Fresh Milk

Adults need around 2000 kcal per day.

FOOD ALLERGIES & INTOLERANCES: PLEASE SPEAK TO A MEMBER OF OUR STAFF REGARDING ANY ALLERGENS OR INTOLERANCES BEFORE ORDERING. PLEASE BE AWARE THAT ALTHOUGH EVERY CARE IS TAKEN TO PREVENT CROSS CONTAMINATION, FOODS CONTAINING ALLERGENS ARE HANDLED IN THIS FOOD OUTLET.



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Premium Breakfast Menu

Why not treat yourself to one of our Premium breakfast specials?
(Supplement of £1.99 applies.)

French Toast 468 kcal

Vanilla Flavoured Brioche French Toast
Fresh Blackberry & Strawberry Puree | Maple Syrup

Waffles 443 kcal

American Style Waffles | Maple Syrup | Fresh Blackberry & Strawberry Puree

Avocado On Toast 741 kcal

Smashed Avocado | Sourdough Toast
Grilled Cherry Tomatoes | Poached Egg

Egg Omelette 535 kcal

3 Egg Omelette

Choice Of: Cheese | Ham | Mushroom | Red Onion | Tomato
Sweet Peppers | Watercress | Grilled Tomato

Eggs Benedict

Toasted English Muffin | Poached Egg | Hollandaise Sauce
Choice of: Ham 616 kcal | Sautéed Spinach 608 kcal | Smoked Scottish Salmon 681 kcal

Smoked Salmon & Cream Cheese Bagel 517 kcal

Filled Plain Bagel | Cream Cheese | Smoked Scottish Salmon
Cracked Pepper | Lemon | Watercress

Premium Hot Drinks

Tea	£2.20	6 kcal	Hot Chocolate	£3.45	206 kcal
Mocha	£3.75	113 kcal	Americano	£2.95	10 kcal
Latte	£3.45	62 kcal	Espresso	£2.25	10 kcal
Cappuccino	£3.45	60 kcal	Double Espresso	£2.45	20 kcal

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