

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.

Adults

The Classic 1269 kcal

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

The Vegetarian 975 kcal

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

Pancakes 569 kcal

3 American style pancakes | Streaky bacon
Berries | Maple syrup

Kids

Junior Builder Classic 869 kcal

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

Junior Builder Vegetarian 715 kcal

Vegetarian Sausage | Baked Beans
Hash Browns | Scrambled or Fried Egg
White or Brown Toast

Pancakes 293 kcal

2 American style pancakes | Streaky bacon
Berries | Maple syrup

The Continental

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

Plus: Pain au Chocolat 303 kcal | Mini Croissant 102 kcal | Jam & Butter
Fresh Fruit | Fruit Yogurt Pot | Fresh Milk

Drinks

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

Alternative milks available

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.

