

BREAKFAST



the
beachcomber
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CALORIE AND ALLERGIES INFORMATION

Whether you are vegetarian or vegan, have an allergy or intolerance to any ingredient, or just want more detail about our food and drinks including kcals - simply scan the QR code to find out more.

Light Breakfasts

Selection of Cereals **V** 1.25

See packaging for calorie information.

Porridge with Mixed Berries

V 320kcal 1.95

Croissant, Butter

and Jam **V** 406kcal 1.35

Natural Yoghurt topped

with Fruit Compote **V** 79kcal 1.95

Natural Yoghurt topped

with Raisin Granola 133kcal 1.95

Flavoured Yoghurts **V** 1.00

Please ask your team member for today's flavours.
See packaging for calorie information.

Cooked Breakfasts

Beachcomber Breakfast 8.95

Two pork sausages, rashers of bacon, two fried eggs, two hash browns, baked beans, tomato and mushrooms, served with a slice of toast and butter. 1372kcal

Traditional Breakfast 7.50

A pork sausage, a rasher of bacon, a hash brown, a fried egg, baked beans, tomato and mushrooms, served with slice of toast and butter. 933kcal

Vegan Breakfast **Ve** 6.95

Sweet potato falafel, two grilled tomatoes, two hash browns, baked beans and mushrooms with toasted baguette. 716kcal

Veggie Breakfast **V** 6.95

Two Quorn® sausages, a hash brown, a fried egg, baked beans, tomato and mushrooms, served with a slice of toast and butter. 812kcal

BIG Veggie Breakfast **V** 7.95

Four Quorn® sausages, two hash browns, two fried eggs, baked beans, tomato and mushrooms, served with a slice of toast and butter. 1035kcal

Avocado and Poached Egg on Grilled Baguette **V** 5.95

Smashed avocado with two poached eggs served on a grilled baguette, with grilled tomatoes. 736kcal

Children's Breakfast

Young Beachcomber Breakfast 3.95

A rasher of bacon, a sausage, a hash brown, baked beans and a fried egg. 607kcal

Young Veggie

Beachcomber Breakfast **V** 3.95

A Quorn® sausage, a hash brown, a fried egg, baked beans and mushrooms. 487kcal

Breakfast Sandwiches

All served in a baguette.

Sausage and Bacon 823kcal 5.50

Bacon and Egg 679kcal 5.50

Sausage and Egg 766kcal 5.50

Quorn® Sausages available. **V** 602kcal

Sweet Potato Falafel and Smashed Avocado **Ve** 628kcal 5.50

The dishes on this section of the menu do not use gluten containing ingredients. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten-free.

Light Breakfasts

Natural Yoghurt topped with Fruit Compote **V** 79kcal 1.95

Flavoured Yoghurts **V** 1.00

Please ask your team member for today's flavours.
See packaging for calorie information.

Cooked Breakfast

Classic Breakfast 7.50

Two sausages, rashers of bacon, a hash brown, a fried egg, tomato, mushrooms and baked beans. 1035kcal

Children's Breakfast

Young Traditional Breakfast 3.95

A sausage, a rasher of bacon, a hash brown, a fried egg, and baked beans. 672kcal

Ve Suitable for vegans. **V** Suitable for vegetarians. For more information about the presence of allergens in all our dishes and menus, please ask a member of our team every time before ordering even if you have dined with us before as our food ingredients and specifications can change.

Full allergen information on the ingredients in the food we serve is available via QR code on menu. Packaged products (i.e. sauce sachets and bottles, juices, water) are not covered in this allergen guide, allergen information for these products is printed on the packaging. We take great care to prevent cross-contamination when preparing your food, however, please be aware that all our dishes are prepared in kitchens where all known allergens are present and there is also risk of allergen cross contamination through shared cooking equipment e.g. fryers. Therefore, we cannot guarantee that any food item is completely free from allergens. If you would like further information on our cooking methods, please ask. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten free. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. Our team cannot offer specific advice or recommendations beyond our published allergen communications. Quorn® is a registered trademark All images are for illustrative purposes only. Prices are correct at time of going to print.

Adults need around 2000kcal a day.