

# BREAKFAST NO GLUTEN CONTAINING INGREDIENTS MENU

Dishes on this menu are made with ingredients that do not intentionally contain gluten. However, due to the risk of cross-contamination from a range of ingredients within our kitchens, traces of gluten may be present. Please ensure a member of the team is aware that you are ordering from our No Gluten Containing Ingredients Menu.

## COOKED BREAKFAST

### Classic Breakfast

3 rashers of bacon, 2 hash browns, 1 free-range fried egg, 1 flat mushroom and baked beans. (924 kcal)

### Bacon Sandwich

3 rashers of bacon in seeded bread. (620 kcal)

### Beans on Toast

Baked beans on seeded toast. (448 kcal)

### Eggs on Toast

Seeded toast (284 kcal) with a choice of free-range scrambled eggs (309 kcal) or free-range fried eggs. (272 kcal)

## ADD A HOT DRINK

Regular Tea (0 kcal), Espresso (2 kcal) or Regular Americano (2 kcal)

**UPGRADE** to a Regular Latte

(66 kcal), Cappuccino (54 kcal), Mocha (180 kcal) or Hot Chocolate (355 kcal) for 50p extra

## ADD A HOT DRINK + JUICE

Orange (116 kcal), Apple (128 kcal) or Cranberry (57 kcal)

**UPGRADE** to a large juice (186 kcal) for 30p extra



Free Unlimited Tap Water All Hungry Horse pubs offer an unlimited supply of tap water for kids and customers of all ages

## KIDS

All children's breakfasts include your choice of fruit juice.

### Classic Breakfast

2 rashers of bacon, baked beans, 1 free-range fried egg and 1 hash brown. (610 kcal / 5.6g Sugar / 3.90g Salt)

### LOOK OUT FOR THESE SYMBOLS:

 Suitable for vegetarians

 Suitable for vegans  Contains nuts

YOU CAN REVIEW OUR ALLERGEN INFORMATION IF YOU DOWNLOAD THE GREENE KING APP. SCAN THE ALLERGENS QR CODE OR VISIT OUR WEBSITE AT [HUNGRYHORSE.CO.UK/ALLERGENS](http://HUNGRYHORSE.CO.UK/ALLERGENS)

Full allergen information on the ingredients in the food we serve is available on request. Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross-contamination. We do not include 'may contain' information. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. †Fish, poultry and shellfish dishes may contain bones and/or shell. Our menu descriptions do not list all ingredients. Please advise the team of any dietary requirements before ordering. Dishes may contain alcohol. Nutritional information is correct at the time of print. Children between 5-10 years old need around 1,800 calories a day, but this will vary by age and level of activity and some children will need less, and some will need more. Prices shown are during breakfast hours only, our Classic Breakfast is available on our main menu all day, charged at full price. All deal drinks are subject to change, availability may vary from pub to pub. If your advertised choice is unavailable, a suitable alternative of an equivalent price may be offered at the manager's discretion. Photography is for illustrative purposes only. Breakfast and deal drink must be ordered in one transaction. All items are subject to availability during food service hours. Service hours vary, ask a member of the team for details or select your pub on our website at [www.hungryhorse.co.uk](http://www.hungryhorse.co.uk). Greene King Brewing and Retailing Limited, Westgate Brewery, Bury St Edmunds, Suffolk, IP33 1QT. Tel: 0845 6080713. GK11220/74552

Adults need around 2000 kcal a day