

BREAKFAST



FROM T-APP
TO TABLE



FOR OVERNIGHT GUESTS ONLY


**FLAMING
GRILL**
— PUBS —

COOKED BREAKFAST

9.00

Our delicious cooked breakfast includes your choice of tea or coffee and anything from our Classic Continental Breakfast selection.

THE FULL BREAKFAST

Two rashers of bacon, a pork sausage, a hash brown, a free-range fried egg, grilled tomato, a flat mushroom and baked beans (771 kcal)

THE VEGETARIAN Ve

Three Quorn™ sausages, a hash brown, a free-range fried egg, grilled tomato, a flat mushroom and baked beans (741 kcal)

PLANT-BASED BREAKFAST Ve

Three Quorn™ sausages, two hash browns, grilled tomato, a flat mushroom and baked beans (789 kcal)

KIDS

4.99

KIDS' BREAKFAST

Bacon, a pork sausage, a hash brown, a free-range fried egg and baked beans (627 kcal/4.5g sugar/3.09g salt)

KIDS' VEGGIE BREAKFAST Ve

Quorn™ sausage, a hash brown, a free-range fried egg, a flat mushroom and baked beans (511 kcal/4.9g sugar/2.26g salt)

KIDS' PLANT-BASED BREAKFAST Ve

Two Quorn™ sausages, a hash brown, grilled tomato, a flat mushroom and baked beans (473 kcal/5.6g sugar/2.61g salt)



THE FULL BREAKFAST

CLASSIC CONTINENTAL

6.99

Please help yourself to our selection at the breakfast bar.

HOT DRINKS

Your choice of tea (0 kcal) or coffee (1 kcal) – we have a selection of teas for you to choose from including YORKSHIRE TEA

BREAKFAST JUICES

Choose from orange (121 kcal per glass) or apple juice (135 kcal per glass)

CEREALS Ve N

Choose from a range of cereals (65 kcal - 171 kcal)

BAKERY BREAKFAST Ve N

Choose from a selection including chocolate muffin (136 kcal each), blueberry muffin (110 kcal each), Danish pastries (323 kcal - 333 kcal each), croissants (231 kcal each) and white bread (158 kcal per slice) or brown bread (130 kcal per slice) with preserves (20 kcal - 82 kcal)

FRESH FRUIT BOWL Ve

Apples (77 kcal), oranges (71 kcal) and bananas (109 kcal)

YOGHURTS Ve

A selection of yoghurts (103 kcal per pot)

SOMETHING SMALLER

4.99

All options include your choice of tea, coffee or apple juice or orange juice.

BEANS ON TOAST Ve

Baked beans (185 kcal) on your choice of white (490 kcal) or brown toast (435 kcal) with butter

Vegan option available Ve (446 kcal - 501 kcal)

SCRAMBLED EGGS ON TOAST Ve

Free-range scrambled eggs (347 kcal) on your choice of white (490 kcal) or brown toast (435 kcal) with butter

QUORN™ SAUSAGE SANDWICH Ve

Your choice of white (713 kcal) or brown bread (658 kcal) with butter

Vegan option available Ve (484 kcal - 539 kcal)

PORK SAUSAGE SANDWICH

Your choice of white (772 kcal) or brown bread (717 kcal) with butter

BACON SANDWICH

Your choice of white (826 kcal) or brown toast (771 kcal) with butter

VIEW OUR NO-GLUTEN CONTAINING INGREDIENTS MENU HERE

You can view our allergen information if you download our app, or visit our website at <https://www.greeneking.co.uk/allergens>

Adults need around 2000 kcal a day | All tips are paid in full to our team members



Terms & Conditions: Please advise the team of any dietary requirements before ordering. 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. Ve Suitable for vegetarians. Ve Suitable for vegans. N Dish contains nuts. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Our menu descriptors do not include all ingredients. Some dishes may contain alcohol which is not listed on the menu. *All weights are approximate prior to cooking. Metric equivalent 16oz = 1lb = 454g. Full nutrition information is available on our website. Calorie, salt and sugar figures are correct at time of print. Children between 5-10 years old need around 1800 calories a day, this will vary by age and level of activity, some children will need less, and some will need more. This information has been provided to allow you to make an informed choice when dining with us. Kids' breakfast is available to children aged 12 or under. Products are subject to availability at the price point advertised. All prices are in GBP and are inclusive of VAT. Should the VAT rate change, menu pricing will be adjusted accordingly. Photography is for guidance only. Manager's decision is final. Promoter: Greene King Brewing and Retailing, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.