escape

## BREAKFAST

## HOT BUFFET

- Back Bacon
- Sausage
- Baked Beans
- Roasted Tomato
- Scrambled Eggs
- Hash Brown Bites
- Porridge \& Toppings:
- Honey
- Sugar
- Nuts
- Dried Mixed Fruit
- Jam


## COLD BUFFET

- Greek Yoghurt \& Toppings:
- Honey
- Sugar
- Nuts
- Dried Mixed Fruit
- Jam
- A selection of Fresh Fruit
- A selection of Cereals
- A selection of Sweet Pastries \& Croissants
- A selection of Muffins:
- Blueberry
- Banana
- Apple
- Superseed


## LUNCH \& DINNER

## HOT BUFFET

We offer a selection of the following:

- Green Thai Sweet Potato Curry, Rice \& Prawn Crackers
- Red Pepper \& Tomato Pasta
- Coltage Pie
- Cauliflower Cheese


## SOUPS

An option of one of the following tasty soups available daily:

- Carrot \& Coriander
- Mushroom
- Vegetable
- Leek \& Potato
- Minestrone
- Tomato \& Basil


## SALADS

We offer a selection of the following:

- Piri Piri Potato
- Tomato, Spinach \& Orzo
- Giant Cous Cous \& Lentil


## SANDWICHES

We have a daily offering of fresh sandwiches on an assortment of bread:

- Chicken Mayonnaise
- Ham \& Coleslaw
- Double Egg Mayonnaise \& Cress


## SNACKS \& CHEESE

We offer a selection of the following:

- Ready Salted Crisps
- Toriflla Chips, Tomato Salsa \& Sour Cream
- Cheese \& Biscuits with Branston Pickle


## HOMEMADE MUFFINS

A selection from two of the following options:

- Double Chocolate Chip
- Apple \& Cinnamon
- Chocolate Chip
- Banana
- Blueberry


## VEGAN OPTIONS

## BREAKFAST

We offer a selection of the following:

- Vegan Sausages (on request)
- Roasted Tomato
- Hash Brown Bites
- Baked Beans
- Fresh Fruit
- Vegan Blueberry Croissant (on request)


## LUNCH \& DINNER

We offer a selection of the following:

- Green Thai Sweet Potato Curry
- Gluten Free Vegan Penang Curry (on request)


## SOUP

An option of one of the following tasty soups available daily:

- Mushroom
- Vegetable
- Leek \& Potato
- Minestrone


## SALADS

We offer a selection of the following:

- Tomato, Spinach \& Orzo
- Giant Cous Cous \& Lentil


## SNACKS

- Ready Salted Crisps
- Tortilla Chips \& Tomato Salsa


## GLUTEN FREE OPTIONS

## GLUTEN FREE

We do stock a small number of gluten free products which we buy from a specialised supplier, and which come in sealed packaging advising they are gluten free.

## NON-GLUTEN

Many guests ask us for help in choosing items which, whilst not technically guaranteed 'gluten-free', do not have any cereals containing gluten as a planned ingredient.
Under the Non-Gluten heading we have created a great selection of dishes that do not contain gluten in their ingredients.
Please scan the QR code see the allergen information table which is sorted with these products at the top i.e., with a blank square in the 'Contains Allergens' and 'May Contain Allergens' columns, to indicate these are not present in the recipe.
Please note, for those with coeliac disease or a severe gluten allergy, this does not guarantee the product is glutenfree (under the legal definition of less than 20 parts per million of gluten.)

Click for<br>Breakfast

Click for
Lunch
Allergens

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[^0]:    Please be aware that we follow good hygiene praclices in our kirchens, but due to the presence of allergenic ingredients in some products there is a small possibility that allergen traces may be found in any item. All dishes are subject to change on the day. For more information, please ask a staff member during your visit.

