

**UNLIMITED
BREAKFAST**



Have you pre-booked our **unlimited** breakfast? Help yourself to our tasty buffet. If not, simply pay for your breakfast at the bar.

Kids eat free*

FULL BREAKFAST

PRIME BACK BACON ^{GF}

123 kcal per rasher

CUMBERLAND SAUSAGES

136 kcal each

FREE RANGE SCRAMBLED EGGS ^{V GF}

161 kcal per spoon

HASH BROWNS ^{VE GF}

82 kcal each

QUORN CUMBERLAND SAUSAGES ^{VE}

111 kcal each

FRESH MUSHROOMS ^{VE GF}

13 kcal per spoon

FRESH TOMATOES ^{VE GF}

6kcal per half

HEINZ BAKED BEANS ^{VE GF}

44 kcal per 60g

CEREALS

SELECTION OF KELLOGGS CEREALS ^V

84-171 kcal without milk

QUAKER OAT GRANOLA ^V

146 kcal per portion without milk

WEETABIX ^{VE}

136 kcal without milk

NEW SCHAR GLUTEN FREE CORNFLAKES ^{V GF}

93 kcal without milk

NEW STOATS PORRIDGE ^V

217 kcal

BAKERY

ALL BUTTER CROISSANTS ^V

179 kcal each

NEW BAGELS ^V

296 kcal each

NEW AMERICAN PANCAKES ^{VE}

94 kcal each

THICKLY SLICED WHITE & BROWN BREAD ^V

130 kcal per white slice, 116 kcal per brown slice

A range of jams ^{VE GF} 48 kcal, marmalade ^{VE GF} 48 kcal, **NEW** peanut butter ^{VE GF} 78 kcal, honey ^{V GF} 65 kcal, butter ^{V GF} 52 kcal, sunflower spread ^{VE GF} 50 kcal or Nutella ^{V GF} 82 kcal

FRUIT & YOGHURT

NEW FRUIT ^{VE GF}

A selection of fresh fruit, fruit salad 47 kcal per 65g and berry compote 27 kcal per spoon

YOGHURTS ^{V GF}

A selection of yoghurts, Yeo Valley Organic, strawberry 74 kcal, natural 66 kcal. **NEW** Alpro plant based ^{VE} 86 kcal

DRINKS

LAVAZZA COFFEE

LATTE

43 kcal

CAPPUCCINO

52 kcal

AMERICANO

30 kcal

43 kcal with milk

ESPRESSO

30 kcal

MOCHA

74 kcal

HOT CHOCOLATE

81 kcal

TYPHOO TEA

15 kcal with milk

GREEN TEA

1 kcal

PEPPERMINT TEA

1 kcal

RED BERRIES TEA

1 kcal

CHILLED FRUIT JUICE

Apple 77 kcal per 170ml
Orange 76 kcal per 170ml

MILK

NEW ALPRO OAT MILK ^{VE GF}

55 kcal per 125ml

NEW ALPRO ALMOND MILK ^{VE GF}

16 kcal per 125ml

SEMI-SKIMMED MILK ^{V GF}

61 kcal per 125ml

Our Allergen Guide contains a list of all the dishes from our menu. Go to www.travelodge.co.uk/about/allergen-information for more information. We ask customers with specific food allergens and other intolerances to use this guide to assist them with choosing dishes from our menu. Before you order your food, please ask for our allergen guide, our staff cannot offer specific advice or recommendations beyond our published allergen guide. All our products may contain traces of nuts and/or dairy. GF - made with gluten free ingredients, however some of our cooking methods may affect this. V/VE - made with vegetarian/vegan ingredients, however some of our cooking methods may affect this. Dishes and ingredients subject to change, we may occasionally sell out of some of the more popular dishes. *Up to two children aged 15 or under eat free, when an adult orders the full priced breakfast.

Adults need around 2000 kcal a day.

^V Vegetarian ^{VE} Vegan ^{GF} Gluten free