

# Breakfast Menu

## Selection of Freshly Squeezed Juices

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- Orange Juice
- Cloudy Apple
- Pink Grapefruit
- Cucumber and Lime Smoothie

## Fruit Plates

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- Summer Berry, Honey Yoghurt and Oat Granola
- Galia, Cantaloupe and Watermelon Selection
- Pink Grapefruit Segments

## Cereals

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- Porridge Oats
- Cornflakes
- Fruit and Nut Muesli
- Rice Krispies
- Coco Pops

## Bakery Basket

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- Freshly Baked Danish Pastries and Croissants
- White Toast
- Brown Toast
- Gluten Free Toast

## Lowry Breakfast

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### Full English Breakfast

Lowry Olde English Pork Sausage, Back Bacon, Grilled Tomato, Hash Brown, Flat Mushroom and Baked Beans  
Fried Egg  Poached Egg  Scrambled Eggs

### Vegetarian Full English

Vegetarian Sausage, Grilled Tomato, Hash Brown, Flat Mushroom and Baked Beans  
Fried Egg  Poached Egg  Scrambled Eggs

### Eggs Benedict

English Muffin, Poached Egg and Classic Hollandaise  
Back Bacon  Spinach  Parma Ham

### Omelette

Cheese  Ham  Red Onion  Red Chilli  Mushroom  Peppers

Charcuterie and Regional Cheese Selection

Poached Free Range Egg and Avocado on Brown Thick Sliced Toast

Smoked Scottish Salmon and Scrambled Eggs

## Drinks

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### Tea

English Breakfast Tea  Earl Grey Tea  Green Tea

Hot Chocolate

### Coffee

Filter Coffee  Cappucino  Latte

Our dish descriptions don't always mention every single ingredient, so please check our allergen tables (available upon request), which cover the 14 allergens specified by the Food Standards Agency. If you suffer from an allergy that is not included in these please contact the hotel in advance and our team will be happy to help. Due to the seriousness of allergies/food intolerances our serving team will not be able to help select dishes on the day. Our gluten free items are made with non-gluten containing ingredients however our fried items are cooked in the fryer with other ingredients containing gluten.