

Invicta Hotel

— BREAKFAST MENU —

COLD BREAKFAST BUFFET

Please help yourself to our buffet where you'll find orange, apple and tomato juice, a selection of cereals, grapefruit, prunes, fruit and natural yoghurt's, fresh fruits, dried fruits and seeds, pain au chocolat and croissants.

The following are freshly cooked to order:

TRADITIONAL FULL ENGLISH BREAKFAST

Fried free range egg, 2 rashers grilled thick cut back bacon, grilled premium Lincolnshire sausage, fresh mushrooms, tomato, hash brown and Heinz baked beans – GF.

You may prefer scrambled, poached or boiled eggs or any combination of the above.

EGGS BENEDICT

Two soft poached eggs served on a toasted English breakfast muffin with bacon and hollandaise sauce.

EGGS ROYALE

Two soft poached eggs served on a toasted English breakfast muffin with smoked salmon and hollandaise sauce.

A DELICIOUS BOWL OF PORRIDGE

Made with milk or water – the choice is yours.

Please allow 15-20 minutes for your breakfast to be prepared and cooked just for you.

TRADITIONAL FISH BREAKFAST

For those wishing for a lighter fish option we offer the following:

SMOKED HADDOCK OR KIPPERS

Complimented with scrambled or poached free range eggs
or
Ribbons of Scottish Salmon and scrambled free range eggs.

TOAST

A selection of both white and wholemeal bread is available for toasting at the end of the dining room together with English breakfast muffins and crumpets and a variety of preserves and honey. Please help yourself.

Soya milk, gluten free bread and sausages on request.

HOT BEVERAGES

Choose from a selection of:

TEA

(black leaf breakfast, fruit, peppermint, chamomile, Earl Grey or decaf)

COFFEE

(instant, decaf or Douwe Egberts filter coffee)

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ALLERGY INFORMATION

FRUIT AND FIBRE	Contains gluten, wheat, barley, almonds, hazelnuts, sulphites and may contain traces of milk.
MUESLI	Contains oats, barley, wheat, sulphur dioxide, hazelnuts, almonds and pecan nuts.
CORNFLAKES	Contains gluten, barley and may contain traces of milk, nuts and peanuts.
WEETABIX	Contains gluten, wheat and barley.
YOGHURT	Contains milk.
PAIN AU CHOCOLAT	Contains gluten, wheat, soya and milk and may contain traces of egg.
CROISSANTS	Contains wheat, milk, egg and rye.
DRIED APRICOTS	Contain sulphur dioxide.
DRIED FRUIT MIX	Contains sulphites and may contain traces of peanuts, nuts and sesame.
MIXED SEEDS	May contain traces of milk, nuts, peanuts, soya, sulphites and cereals containing gluten.
FULL ENGLISH BREAKFAST	Contains egg.
SCRAMBLED EGGS	Contains egg, butter and milk.
LINCOLNSHIRE SAUSAGE	Contains wheat, gluten and sulphites.
VEGETARIAN SAUSAGE	Contains wheat, gluten and sulphur dioxide.
GLUTEN FREE SAUSAGE	Contains soya and sulphites.
HASH BROWN	May contain egg, milk and cereals containing gluten.
PORRIDGE	Contains gluten, oats and soya and may contain traces of nuts.
HADDOCK, KIPPERS AND SALMON	Contains fish.
BUTTER	Contains buttermilk and cream.
BROWN BREAD	Contains gluten, wheat, wheat protein, barley and soya.
WHITE BREAD	Contains gluten, wheat and soya.
MARMALADE	Contains sulphur dioxide.

GLUTEN FREE PRODUCTS ARE AVAILABLE ON REQUEST
