

# Breakfast

THE ROYAL HOTEL

MERCHANTS BISTRO

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# Breakfast

Served Monday to Saturday 7.30am to 9.30am | Sunday 8am to 10am

## TRADITIONAL ENGLISH BREAKFAST

£16.50

PRICE INCLUDES ANY COOKED BREAKFAST ITEMS, UNLIMITED CEREALS, FRUIT JUICES, FILTERED COFFEE, TEAS AND WARM BROWN OR WHITE TOASTS SERVED TO YOUR TABLE

### THE BIG DEVON BREAKFAST **gf**

Two rashers of back bacon, two locally made pork sausages, grilled tomato, sauteed mushrooms, baked beans, fried bread, hash browns and two free range fried eggs **1290 kcal G, E, SU**

### THE SMALL DEVON BREAKFAST **gf**

Rasher of back bacon, locally made pork sausage, grilled tomato, mushrooms, baked beans, fried bread, hash brown and a free range egg **758 kcal G, E, SU**

### THE KIPPER **gf**

Grilled smoked kipper, grilled tomatoes, herb butter and watercress **319 kcal F, D**

### THE DEVON VEGETARIAN **v**

Mushrooms, tomatoes, hash browns, vegetarian sausage, baked beans, free range fried egg and fried bread **574 kcal G**

### THE SMOKED FISH **gf**

Naturally smoked poached haddock with two poached eggs and watercress garnish **266 kcal F, E**

## EGGS & OMELETTES

£16.50

PRICE INCLUDES ANY EGGS OR OMELETTE ITEMS, UNLIMITED CEREALS, FRUIT JUICES, FILTERED COFFEE, TEAS AND WARM BROWN OR WHITE TOASTS SERVED TO YOUR TABLE

### THE SCRAMBLED **gf**

Scrambled free range eggs with two rashers of crispy bacon and white toast **729 kcal E, G, D**

### THE POACHED **gf**

Two poached free range eggs with two rashers of crispy bacon and white toast **664 kcal E, G, D**

### BOILED EGGS **gf**

Two soft free range eggs boiled for 5 minutes with white toast soldiers **490 kcal E, G**

### FREE RANGE OMELETTES **gf** **264 kcal E, D**

Choose from the following fillings:

Grated mature cheddar **431 kcal D**

Sliced button mushrooms **32 kcal D**

Home baked gammon ham **57 kcal**

Diced mixed bell peppers **8 kcal**

Finely diced onion **5 kcal**

Diced vine tomato **13 kcal**

Selection of fine herbs

## CONTINENTAL BREAKFAST

£14.50

PRICE INCLUDES ALL ITEMS FROM BUFFET LISTED BELOW, FRUIT JUICES, FILTERED COFFEE, TEAS AND WARM BROWN OR WHITE TOASTS SERVED TO YOUR TABLE

### CHILLED FRUIT JUICES

Orange **71 kcal** Apple **88 kcal** Tomato **32 kcal** Cranberry **32 kcal**

Grapefruit **71 kcal** Pineapple **92 kcal**

### CEREALS

Kellogg's Cornflakes **151 kcal G** Fruit 'n' Fibre **228 kcal G, N, P** Weetabix **130 kcal G**

Alpen muesli **281 kcal G, N** Schar **gf** Muesli **182 kcal N, S, D**

Schar **gf** Cornflakes **93 kcal** Semi skimmed milk for cereals **74 kcal D**

### PORRIDGE

Traditionally made slow cooked creamy porridge oats **147 kcal G, D**

### FRUITS

Prunes **93 kcal per 100g** Grapefruit Segments **65 kcal per 100g**

Fresh Fruit Salad **59 kcal per 100g** Fruit Bowl

### YOGHURTS

Natural Yoghurt **108 kcal D** Fruit Flavoured **750 kcal D, N, P**

### FROM THE BAKERY

White Bread **324 kcal G** Malted Bread **364 kcal G**

Bread Rolls **309 kcal G, S** Crumpets **298 kcal G, D, SO**

Croissants **388 kcal G, E, D, N** Gluten-Free Bread **178 kcal E**

### SELECTION OF PRESERVES

Jams **76 kcal** Marmalade **75 kcal** Honey **81 kcal**

Marmite **21 kcal G, C** Nutella **82 kcal D, N, SO**

## HOT & COLD DRINKS

DECAF AVAILABLE ON REQUEST

### FRUIT JUICES

### TEAS

Choose from English Breakfast, fruit teas or infusions

### FRESH FILTERED COFFEE

## BARISTA COFFEES

+£2 SUPPLEMENT

AMERICANO | ESPRESSO | LATTE

HOT CHOCOLATE | EXTRA SHOT

D - DAIRY G - GLUTEN M - MUSTARD E - EGG MO - MOLLUSCS CR - CRUSTACEAN C - CELERY  
N - NUTS F - FISH SU - SULPHUR DIOXIDE S - SESAME SO - SOYA P - PEANUTS L - LUPIN

**gf** Gluten Free **gf?** Can be made Gluten Free (please ask when ordering) **v** Vegetarian **ve** Vegan **ve?** Can be made Vegan (please ask when ordering)

Although we endeavor to do so, we cannot guarantee that any of our dishes are allergen-free or fulfill dietary requirements due to possible cross-contamination during production. Please inform us if you have a food allergy that we should be aware of. Adults need around 2000 Kcal a day.

  
**B R E N D**  
COLLECTION

HOTELS | RESTAURANTS | SPAS