CLAYTON
HOTELS

Enjoy your breakfast at Clayton Hotels

Clayton Hotels Breakfast

Breakfast served 7.00am-10.30am
(Sunday & Bank Holidays to 8.00am - 11.00am)

Juice Bar

- Orange juice *(contains allergen 9)*
- Apple juice *(contains allergen 9)*
- Cranberry juice *(contains allergen 9)*
- Clayton detox water
- Fruit smoothie *(contains allergen 9)*

Hot Breakfast

Choose from our hot breakfast selection:

- Grilled back bacon *(contains allergens 6, 8, 9)*
- Sausage *(contains allergens 6, 8, 9)*
- Black and white pudding *(contains allergens 6 barley, 9)*
- Sautéed mushrooms *(contains allergen 7)*
- Fried potatoes *(contains allergen 9)*
- Grilled tomatoes
- Baked beans *(contains allergen 9)*
- Eggs - scrambled, *(contains allergens 7, 11)* poached or fried *(contains allergen 11)*

Breads and Pastries

- Farmhouse toasting breads *(contains allergen 6 wheat)*
- Baked rustic white and multiseed bread loaves *(contains allergen 6 wheat)*
- Home baked brown bread *(contains allergens 6 wheat, 9)*
- Butter croissants *(contains allergens 6 wheat, 7, 8, 9, 10, 11)*
- Pain au chocolat *(contains allergens 6 wheat, 7, 8, 9, 10, 11)*
- Pain aux raisins *(contains allergens 6 wheat, 7, 8, 9, 10, 11)*
- Breakfast muffins *(contains allergens 6 wheat, 7, 8, 9, 10, 11)*

All served with a selection of real honey, high fruit content marmalade and G's Irish gourmet jams

Gluten Free

Full selection of gluten free breakfast treats available

Dairy Intolerances

Soya milk available

Vitality Breakfast Selection

- Hearty creamy porridge *(contains allergen 6 oats)*
- Nuts, seeds, dried fruits *(contains allergen 5)*
- Fresh fruit salad
- Peeled sliced melons and pineapples
- Thick creamy yoghurt *(contains allergen 7 oats)*
- Fruit compotes
- Luxury granola *(contains allergen 5, 6 oats, 9)*

OUR HEALTHY Vitality Breakfast SELECTION

- Prunes *(contains allergen 9)*
- Clayton home toasted muesli *(contains allergen 5, 6 oats, 9)*
- A selection of popular cereals *(contains allergen 5, 6 wheat)*
- Grapefruit segments *(contains allergen 9)*
- Selection of cheese *(contains allergen 7)*
- Sliced continental meats *(contains allergen 7, 8, 12, 13)*

House Specials

- Kippers & other fresh fish available on request

Allergen Index

1&2 Shellfish

Crustaceans: shrimp (crevette), prawns, crab, crayfish and lobster

Molluscs: clams, cockles, mussels, oysters, octopus, snails, squid (calamari) and scallops

3 Fish

4 Peanuts

5 Nuts: almonds, walnuts, pecan nuts, brazil nuts, hazelnuts, cashews, pinenuts pistachio and macadamia

6 Cereals containing gluten/wheat

7 Milk

8 Soya

9 Sulphur dioxide

10 Sesame seeds

11 Egg

12 Celery and celeriac

13 Mustard

14 Lupin

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Clayton Hotels Vitality Breakfast

Breakfast and a healthy diet
A good breakfast gets your entire system up and running and will aid concentration throughout the day. It can also mean less snacking. Choose from high fibre cereals and breads (preferably brown and wholemeal), multigrain porridge with seeds, nuts and fresh fruit or thick yoghurt with fruit compote and fresh fruit. With the Vitality breakfast selection available at Clayton Hotels, a healthier breakfast is guaranteed.

Children
Ensure your children get a good breakfast to kick-start their day : cereal, bread with cheese, scrambled eggs, yoghurt, or some fresh fruit.

Eat plenty of fresh fruit and vegetables
You should aim to eat at least five portions every day. Fruit or raw vegetables make great in-between meal snacks and most are packed full of vitamins and fibre to help you feel good and provide you with energy.

Drink more water
Our bodies need water for survival and hydration, water helps cleanse your system. Drink plenty of it and aim for 8 glasses every day. When your body is slightly dehydrated it can make you feel tired or groggy.

Clayton Hotels breakfast is designed to offer you all this and more.

Clayton Hotel Silver Springs
www.claytonhotelsilversprings.com