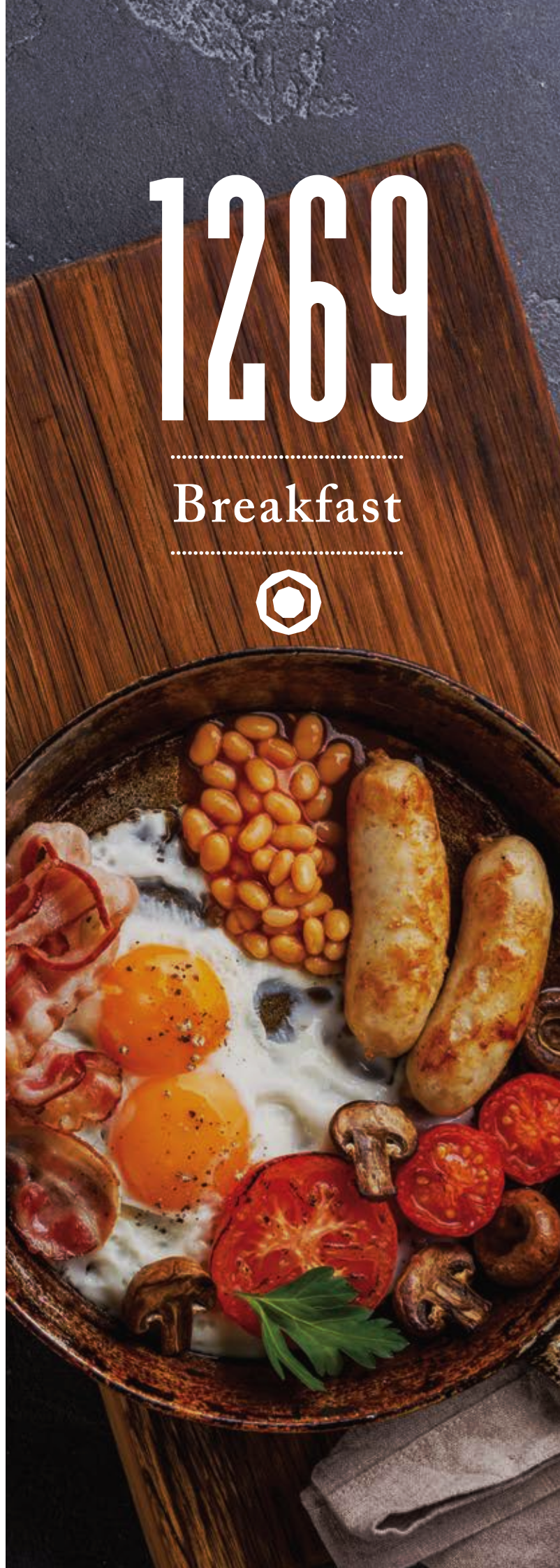


# 1269

Breakfast



# 1269

Restaurant, Bar & Grill



+44(0)1753 893891  
[www.the1269.com](http://www.the1269.com)

## FRUIT JUICE & SMOOTHIE

- Orange *44 kcal*
- Cloudy Apple *45 kcal*
- Cranberry *22 kcal*
- Strawberry smoothie *47 kcal*

## FRUITS, YOGHURTS & SEEDS

- Fresh fruits *119 kcal*
- Homemade yougurt with granola *127 kcal*
- Greek yougurt *118 kcal*
- Fruit yougurt *87 kcal*
- Dried fruits *342 kcal*
- Seeds *593 kcal*

## BAKERY

- Sliced white *244 kcal*
- Sliced brown *218 kcal*
- Croissant *412 kcal*
- Pain au chocolat *322 kcal*
- Blueberry muffin *400 kcal*
- Chocolate muffin *421 kcal*
- Fruit jams *243 kcal*
- Marmite *260 kcal*
- Nutella *539 kcal*
- Honey *241 kcal*
- Butter *738 kcal*

## CEREAL

- Cornflakes *378 kcal*
- Coco pops *382 kcal*
- Crunchy nut *407 kcal*
- Rice krispies *383 kcal*
- Weetabix *362 kcal*
- Granola *430 kcal*
- Muesli *370 kcal*
- Whole milk *64 kcal*
- Skimmed milk *49 kcal*

## COLD MEAT, FISH & CHEESE

- Ham *114 kcal*
- Salami *470 kcal*
- Cheese *402 kcal*
- Mortadella *295 kcal*
- Smoked salmon *117 kcal*

## HOT SELECTION

- |                                    |                               |
|------------------------------------|-------------------------------|
| Back bacon <i>179 kcal GF</i>      | Black pudding <i>66 kcal</i>  |
| Streaky bacon <i>179 kcal GF</i>   | Mushrooms <i>71 kcal V GF</i> |
| Pork sausage <i>196 kcal</i>       | Tomatoes <i>66 kcal V</i>     |
| Cumberland sausage <i>274 kcal</i> | Fried egg <i>131 kcal</i>     |
| Hash brown <i>245 kcal V</i>       | Scrambled egg <i>144 kcal</i> |
| Baked beans <i>91 kcal V GF</i>    | Boiled egg <i>155 kcal</i>    |

## TO YOUR TABLE



**PANCAKES**  
with maple syrup  
*227kcal*



**PORRIDGE**  
with honey  
*50kcal*



**SMOKED HADDOCK** *GF*  
*116kcal*

## COFFEE, TEA & HOT CHOCOLATE

Freshly brewed coffee, hot chocolate

English breakfast *1 kcal*

Earl Grey *1 kcal*

Decaffeinated *1 kcal*

Camomile *1 kcal*

Peppermint *1 kcal*

Green tea *1 kcal*

Black coffee *2 kcal*

Hot chocolate *77 kcal*

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**BREAKFAST £18.95**

**CHILDREN'S BREAKFAST £8.95**

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## A LA CARTE



**EGGS ROYALE**  
Toasted  
English muffin,  
smoked salmon,  
poached eggs,  
hollandaise sauce.  
*186 kcal*  
**£10.00**



**EGGS BENEDICT**  
Toasted  
English muffin,  
ham,  
poached eggs,  
hollandaise sauce.  
*221 kcal*  
**£9.00**



**EGGS FLORENTINE**  
Toasted  
English muffin,  
wilted spinach and  
poached eggs,  
hollandaise sauce.  
*173 kcal*  
**£8.00**

*GF - Gluten Free V - Vegetarian*

If you have a food allergy, intolerance, or sensitivity, please speak to your server about ingredients in our dishes before you order your meal.  
All prices are in GBP and are inclusive of VAT.