



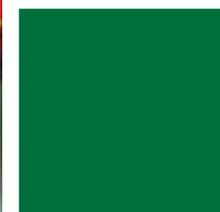
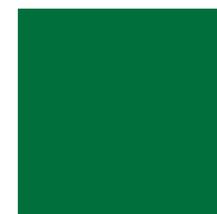
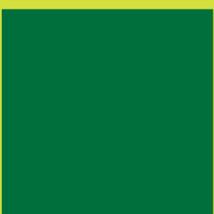
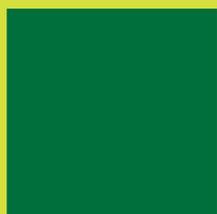
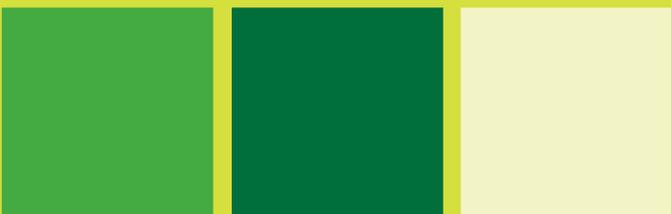
Holiday Inn



Holiday Inn

good morning

breakfast menu



Save your time with our...

*Breakfast
Check-Out*

Available weekdays only.
Ask your waiter

Make a great start to the day 10 good reasons to enjoy a healthy breakfast

1. Energy.

Energy levels are maintained and sustained by eating carbohydrate foods which release their energy (glucose) slowly. Eat wholemeal toast.

2. Metabolism.

Missing breakfast tends to slow down metabolism and make it harder for the body to burn fat.

3. Weight.

Eating a low fat, high carbohydrate breakfast is the best way to begin the day – it will kick start your metabolism which in turn will keep body fat levels under control.

4. Memory.

The most consistent findings to date suggest that eating breakfast influences the processes involved in the formation and retrieval of memories and in managing complex or challenging information. Breakfast achieves this through its ability to raise blood glucose levels, which makes sure brain cells are in top form.

5. Concentration and Alertness.

Missing breakfast is an occupational hazard: research has shown a much lower incidence of work-related accidents for people who eat breakfast. To boost concentration and alleviate tiredness the brain needs feeding to keep it satisfied and alert.

6. Hunger.

Slow release carbohydrates induce a feeling of satisfaction and fullness which prevents bingeing on high fat and sugary foods later on in the day.

7. Mood.

The mood-food connection is often ignored: feeding your brain at the appropriate time such as first thing in the morning and with the appropriate nutrients i.e. a high carbohydrate low fat breakfast will cheer you up!

8. Stress.

Breakfast is a stress buster! To help you get through the anxieties and problems of the day, eat foods rich in serotonin-enhancing carbohydrates and also B complex vitamin such as granary bread and oats, but avoid too much caffeine (especially in the form of coffee) as this will only enhance nervousness and irritability.

9. Hydration.

Load up on fluids by starting your day with water, fruit or vegetable juice and/ or weak tea – it is important to keep your fluid intake high: drink at least 2 litres (8 glasses) of fluid per day.

10. Immunity.

Begin the day with foods rich in vitamins A and C, B vitamins and zinc. Include some of the following in your diet: citrus fruits, berries, melon, eggs, oily fish, wholegrain cereals, wheat germ and oat.



A better way...to start the day

There's no better way to start the day than with a good breakfast, served with a smile. To make your breakfast the best, we practice four simple principles:

Quality: Freshly brewed coffee blended with premium beans. Fresh eggs, top quality bacon, fresh fruit and a large selection of quality cereals.

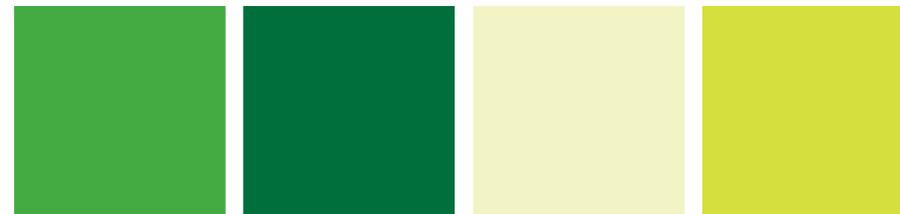
Service: Helpful, courteous and friendly people.

Selection: We've got what you want. There is no better selection.

Value: Top quality, the best selection at an affordable price guaranteeing excellent value for money.

Your satisfaction:

That's what Breakfast at Holiday Inn is all about.



Cooked to order items

Eggs Benedict	£9.95
Hot Waffle with streaky smoked bacon and maple syrup	£9.95
Smoked salmon and scrambled eggs	£9.95
Poached smoked haddock with poached egg	£9.95
Boiled egg and soldiers	£5.95

All inclusive breakfasts these are included in rate.

To help you choose Our menu

Fruit Juices

Orange juice – Grapefruit juice – Apple juice – Cranberry juice – Big Tom Tomato juice

Fresh Fruit and Compotes

Fresh strawberries – Prunes – Fresh melon – Fresh pineapple – Grapefruit segments – Orange segments – Mixed seasonal berries – Apples – Bananas – Oranges

Yoghurts

Muller Light mixed fruit – Natural

Selection of Kellogg's Cereals

Corn Flakes – Crunchy Nut Corn Flakes – All Bran – Rice Krispies – Muesli – Fruit n'Fibre – Frosties – Coco Pops – Weetabix

Dried fruits

Homemade granola – banana flakes – apricots – sultanas – diced pineapple

Fresh Tomatoes – boiled eggs

Cooked Ham – Continental Sausage – Philadelphia cheese

Bakers Basket

Freshly baked breads – Blueberry muffins – Croissants – Pain aux chocolate – Pain aux raisins – Brown and white toast – Ryvita

Preserves & Spreads

Fruit jams – Marmalade – Honey – Marmite – Nutella – Butter – Flora

Traditional hot British selection

Fresh fried eggs – Unsmoked back rindless bacon – Smoked streaky bacon – Fresh Cumberland sausages – Tomatoes – Mushrooms – Baked beans – Scrambled eggs – Potato Rosti

Beverages

Fresh filtered coffee – Teas/infusions (Select blend – Earl Grey – decaffeinated – herbal selection) – Semi-skimmed milk – Soya Milk – Fresh Smoothie of the day – Still and sparkling mineral water

£13.95

These are the items included in our breakfast buffet. If you have any additional requests, please ask your waiter who will be happy to help you.

If you would like assistance or prefer to be served at your table, please do not hesitate to ask a team member.

If you have any special dietary requirements, please do not hesitate to ask and we will do all we can to assist.

Some of the items offered on this menu and on the buffet may contain food substances to which you may be allergic. Therefore, if you are allergic to certain foodstuffs, you should inform the Restaurant Manager who will be happy to advise.

To the best of our knowledge none of our food contains ingredients from genetically modified soya/maize.

All prices are inclusive of VAT and service. Products are subject to availability.

In compiling this menu, emphasis has been placed in accordance with principles of healthy eating.