

## MORNING CONTINENTAL

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Chilled fruit juices

Freshly prepared fruit

Cured meats

British and Continental cheeses

Fruit and natural yoghurts

Cereals and muesli

Bread selection

Croissants, pains au chocolate, and pastries

## PLATE IT YOUR WAY

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Eggs cooked your way

Bacon

Local sausages

Vegetarian sausages

Sautéed mushrooms

Grilled tomatoes

Hash browns

Baked beans

## FRESHLY BREWED

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Coffee, a selection of teas and hot chocolate

***Breakfast is Served from 7am to 9.30am weekdays and 7.30am to 10.00am weekends***  
*If you have any known food allergies, please inform a member of our staff who will be pleased to assist you. Price includes VAT at current rate.*

# Wakey-wakey

*Rise and shine*

£14.95

**COOKED TO ORDER  
FROM OUR KITCHEN**

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**Smoked kippers £3 Supplement**

*Grilled kipper fillets, lightly buttered, served with granary toast*

**Haddock £3 Supplement**

*Smoked Haddock & Poached Egg*

**Smoked Salmon £3 Supplement**

*Smoked Salmon Served with Scrambled Egg*

**Porridge (v)**

*Porridge with sliced banana and honey*

**Poached eggs on toast (v)**

*Two poached eggs served on your choice of white, brown or granary bread*

**Buttermilk Pancake (v)**

*Warm Pancakes served with maple syrup*

***Breakfast is Served from 7am to 9.30am weekdays and 7.30am to 10.00am weekends***

*(v) Suitable for vegetarians.*

*Please note some items may be subject to seasons and an alternative may be offered*

# Mercure St Helens Hotel



## 100% Gluten Free Breakfast The Tastiest Way to Fuel your Day Delicious Ways to Feel Better

Did you know that good gut health starts with your gut microbiome. Your biome is made up of the trillions of good microbes, including good bacteria that live within you. It plays an important role in keeping you healthy and happy. If you look after your biome by eating plenty of diverse, plant-based foods, it can look after you in return. That's why we've use science-backed recipes using a wide range of plant-based foods. Every spoonful is packed full of deliciously diverse plant goodness to help you and your biome flourish

Orange Juice. Cranberry Juice, Apple Juice  
Selection of Actimel, Fat Free Plain Yogurt, Fat Free Fruit Yogurt

### Breakfast Cereals

Fruit & Nut Granola	Plant Based Super Nutty Granola
Organic Cinnamon Hoops	Buckwheat Seeds & Honey Granola
Plant Based Apple, Almond & Raisin with Coconut Chips Granola	Nairn's Plant Based Fruit & Seed Oat Muesli
Cranberry & Raisin Porridge	Quakers Wholegrain Porridge
Almond Butter & Salted Caramel Porridge	Cornflakes

### Selection of Dried Fruits

Pecan Nuts, Sunflower Seeds, Cashews Nuts, Pumpkin Seeds, Pine Nuts  
Selection of Fresh Fruit

### Selection of Cheeses and Cooked Meats



Gluten Free Sliced White Bread made with rice flour, Tapioca starch and maize starch dusted with rice flour

Genius Gluten Free Fruit Loaf, Genius Gluten Free and Milk Free Scotch Pancakes

Handcrafted Sourdough Halkidiki Olive Bread

### Cooked Breakfast from the Hot Buffet

Fried Eggs, Bacon, Gluten Free Sausages, Mushrooms, Baked Beans, Grilled Tomatoes, Hash Brown