

BREAKFAST MENU THE GARRISON

Dear Guest,

during the period of Covid 19, to limit us from social distancing in our kitchen we ask all our guests to select their choices for breakfast the evening before. Please select the number of each dish required in the box beside each selection.

Please input your room number below.

We appreciate your understanding during these difficult times!

Coffee (MILK) OR Tea (MILK)

Cappuccino

Flat White

Americano

Espresso

Hot Chocolate

Caffe Latte

Cortado

Mocha

Macchiato

Selection of Teas

Tropicana Orange OR Apple Juice

Delifrance All Butter Croissant OR Delifrance Pain au Chocolat
(GLUTEN, EGG, MILK, SOYA & NUTS) (GLUTEN, EGG, MILK, SOYA & NUTS)

FRUIT POT

CHOOSE FROM

Mandarin OR Peach and Pear

OR Rowan Glen Apricot (MILK) OR Strawberry Yogurt (MILK)

HOT PANINI

CHOOSE FROM

Bacon Panini (GLUTEN, MILK, EGG & SESAME) GLUTEN FREE BACON ROLL

OR Sausage Panini (GLUTEN, MILK, EGG & SESAME)

OR Mozzarella, Sunblaze Tomato and Pesto Panini (V) (GLUTEN, MILK, SOYA & NUTS)

BROWN SAUCE (GLUTEN) OR KETCHUP (CELERY)

CHOICE OF EAT NATURAL CEREAL BARS

CHOOSE FROM

Peanut, Coconut & Chocolate Protein Bar (PEANUT, SOYA & NUTS)

Apricot, Almond and Yogurt (MILK, NUTS & PEANUTS)

Syrup, Pecan & Peanut (PEANUT, NUTS, MILK & SOYA)

Apple, Ginger and Dark Chocolate (PEANUT, NUTS, MILK & SOYA)

VEGAN OPTION

CHOOSE FROM

Coffee (SOYA) OR Tea (SOYA)

Tropicana Orange OR Apple Juice

Fruit Pot - Mandarin OR Peach & Pear

Syrup, Pecan & Peanut (PEANUT, NUTS, MILK & SOYA)

Vegan Sausage Brioche

BROWN SAUCE (GLUTEN) OR KETCHUP (CELERY)

Ginger Truffle Slice (SOYA)

TIMES:

Mon-Fri: 7.30am to 9.30am
Sat & Sun: 8am to 10am
Continental: 6am to 10am

PLEASE FILL IN:

Room No:..... Time Required:..... Room or Restaurant

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