

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 CHOSE 1 ITEM PER PERSON FROM EACH OF THE SECTIONS.
THEN PLEASE INPUT YOUR ROOM NUMBER BELOW.**

We appreciate your understanding during these difficult times!

Coffee (MILK) OR **Tea** (MILK)

Tropicana Orange OR **Apple Juice**

CHOICE OF: **Warm All Butter Croissant** (GLUTEN, EGG, MILK, SOYA & NUTS)

OR **Warm Pain au Chocolat** (GLUTEN, EGG, MILK, SOYA & NUTS)

CHOOSE FROM: **Apple** **Orange** OR **Banana**

Fruit Yogurt (MILK) OR **Natural Yogurt** (MILK)

Bacon Roll (GLUTEN, MILK, EGG & SESAME)

OR **Sausage Roll** (GLUTEN, MILK, EGG & SESAME)

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

BROWN SAUCE (GLUTEN) OR **KETCHUP** (CELERY) **GLUTEN FREE ROLL**

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 AND GLUTEN FREE OPTION

Coffee (SOYA) OR **Tea** (SOYA) **Tropicana Orange** OR **Apple Juice**

Vegan Sausage Roll **Gluten free Bacon Roll**

ROOM NUMBE _____ TIME _____ DINNING AREA ROOM DELIVERY