

## DRINKS

POT OF BREAKFAST TEA

FILTER COFFEE

(speciality coffees available at an extra charge)

FRUIT OR HERBAL TEAS

Earl grey, Chamomile, Green Tea, Peppermint

ORANGE JUICE/APPLE JUICE

(available at the buffet)



## CONTINENTAL BREAKFAST BUFFET

VARIETY OF CEREALS

LOW FAT NATURAL YOGHURT GF

SOYA FRUIT YOGHURT VE, GF, DF

FRESH FRUIT SALAD VE, GF, DF

SELECTION OF BREAKFAST PASTRIES AND CROISSANTS

TOAST SELECTION

(Gluten free bread available on request; to be used in our gluten free only toaster)

Choice of jams, english preserves and marmalade

BOWL OF PORRIDGE V, VE\*, DF\*

With berry compote and/or maple syrup  
(available on request)



## HASTINGS HOTEL BREAKFAST MENU

Our breakfast includes unlimited tea or filter coffee, full selection of our continental buffet and one hot breakfast dish per person. If you would like to enjoy an additional hot dish we are happy to offer this at a £5 charge. Breakfast is charged at £15.00 per person for Non Residents

## FULL ENGLISH BREAKFAST BUFFET

CUMBERLAND SAUSAGES GF, DF

UNSMOKED BACK BACON GF, DF

MUSHROOMS VE, GF, DF

BAKED BEANS VE, GF, DF

GRILLED TOMATOES VE, GF, DF

HASH BROWNS VE, GF\*, DF

SCRAMBLED or POACHED EGGS V, GF, DF

BLACK PUDDING DF

(not on the buffet - please order with your server)

POACHED or BOILED EGGS V, GF, DF

(not on the buffet - please order with your server)

## SPECIALITY DISHES

(Available on request)

VEGAN/VEGETARIAN COOKED BREAKFAST

Served with grilled vegetables V, VE, GF\*, DF

(Available on request)

SCRAMBLED EGGS & SMOKED SALMON GF, DF

AMERICAN STYLE PANCAKES

Berry compote & maple syrup V

EGGS BENEDICT

EGGS ROYALE

EGGS FLORENTINE V

THREE EGG OMELETTE V\*, GF, DF\*

Choice of 2 fillings: cheese, ham, tomato, mushroom



*A discretionary 12.5% service charge will be added to your bill - all gratuities go to the staff - thank you.*

Dishes labelled with GF and DF can be requested when ordering.  
GF = Gluten Free DF = Dairy Free V = Vegetarian Ve = Vegan

Important Information: All our food is prepared in a kitchen where nuts, gluten and other known allergens may be present. If you have any allergies or dietary requirements please let a member of our team know every time you visit. More information on allergens and ingredients can be provided by our fully trained staff.

Thank you.

Concerns about allergies & intolerances? Visit [allergymenu.uk](http://allergymenu.uk) & enter the code: BAN478.



## HASTINGS HOTEL SANDWICH MENU

*Served from 11.30am till 5.30pm everyday  
All £8.50 (Gluten Free option available)*

Roast turkey breast & cranberry  
on brown *DF*

Honey roasted ham &  
cinnamon spiced apple  
on white *DF*

Free range egg mayonnaise &  
cress on white *V, DF*

Cucumber & chive cream cheese  
on brown *V*

*All served with salad garnish, coleslaw  
and crisps*

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## HASTINGS HOTEL CHILDREN'S MENU

Two Course £10 | Three Course £14

### Starters

Garlic Bread; with or without cheese (*V, Ve\*, DF\**)

Heinz tomato soup with buttered bread or croutons (*V, Ve\*, GF\*, DF\**)

Carrot & cucumber sticks with vegan mayo dip (*V, Ve, GF, DF*)

### Mains

Margherita Pizza (*V, Ve\*, GF\*, DF\**)

Ham & Mushroom Pizza (*GF\*, DF\**)

Pepperoni Pizza (*GF\*, DF\**)

Bolognese & pasta with grated parmesan

Chicken goujons, fries & peas (*GF\**)

Fish goujons, broccoli & mayonnaise (*GF\*, DF\**)

### Choose One Side

Peas | Carrots | Baked Beans | Broccoli | Cucumber & Tomato Chunks |  
Tomato, Cucumber & Baby Gem Salad | Fries | Mashed Potato

### Desserts

Scoop of ice cream & wafer - Chocolate (*GF*) | Vanilla (*Ve*) |  
Strawberries & Cream (*GF*)

Fresh Fruit & Berry Salad (*V, Ve, GF, DF*)

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