



The Manor

Coastal Hotel & Inn

Residents' Breakfast

We believe that breakfast is the most important meal of the day. Please make the most of our delicious breakfast and start your day the best possible way.

To include Norfolk Coffee Company coffee or Tea Pig tea with toast and preserves, pastries, cereals, fresh fruit and fruit juice. Please place your order with a team member.

Full English Breakfast

Grilled bacon, sausage, black pudding, baked beans, mushroom, tomato, your choice of hen's eggs G, E, D, S, SD 695 Kcal

Vegan Breakfast

Vegan sausage, vegan 'black pudding', grilled tomato, mushroom, baked beans, spinach **VE** G, S, SD, CE 533 Kcal
Add creamed spinach and hen's eggs E, D 120 Kcal

Staithe Smokehouse Kippers & Poached Hen's Eggs

F, E, SD 305 Kcal

Eggs Benedict

English muffin, grilled bacon, a brace of poached hen's eggs, Hollandaise sauce G, E, D, S 505 Kcal

Eggs Royale

English muffin, oak smoked salmon, a brace of poached hen's eggs, Hollandaise sauce G, F, E, D, S 481 Kcal

Eggs Florentine

English muffin, creamed spinach, a brace of poached hen's eggs, Hollandaise sauce **V** G, E, D, S 586 Kcal

Spinach, Mushroom & Tomato

Toasted muffin **VE** G, S 393 Kcal
Add a brace of hen's eggs **V** E 120 Kcal

Bacon or Sausage Sandwich

Grilled rashers or sausages, white or malted brown bloomer
G, D Bacon: 501 Kcal / Sausage: 459 Kcal
Add a hen's egg E 60 Kcal



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*"People who love to eat are
always the best people"*

Julia Childs

Our kitchen team love what they do. Our food is cooked freshly to order, so let us know if you are in a hurry. We take great pride in sourcing close to home but venturing further afield across the country to utilise produce which is season's best. Some of our dishes can be made with no added gluten, please ask a member of our team who will be able to advise you.

V: Vegetarian **VE:** Vegan **GF:** Gluten-Free. Adults need around 2000 Kcal a day. If you have a food allergy, intolerance or sensitivity, please speak to your server before ordering your meal. Please be aware our kitchens contain allergens of all kinds so we therefore cannot guarantee that any one dish can be free of all traces of any allergen.

C: Crustaceans / CE: Celery / D: Dairy / E: Eggs / F: Fish / P: Peanuts / G: Gluten / L: Lupin / N: Nuts
MO: Molluscs / MU: Mustard / S: Soya / SD: Sulphur dioxide / SE: Sesame seeds



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