

T H E **H** Y D E

BREAKFAST (INCLUSIVE)

The Hyde Full English Breakfast

eggs cooked to your liking, smoked bacon, sausage, grilled tomato, mushroom, black pudding and baked beans

Create Your Own Omelette

with three toppings of your choice: ham, cheddar cheese, mushrooms, tomato

Eggs Benedict

English muffin, Parma ham, poached eggs and hollandaise sauce

Eggs Royale

English muffin, smoked salmon, poached eggs and hollandaise sauce

Waffles

served with a topping of your choice: mixed berry compote and whipped cream, maple syrup and bacon, spiced apple and sultans

Non-residents guests or guests enjoying a stay on a 'room only' basis are welcome to join us for breakfast.

Continental breakfast - £20 per person

Grab and go breakfast- £15 per person

Breakfast (inclusive) and buffet - £25 per person

Inclusive of hot beverages and juices.

A 13.5% discretionary service charge will be levied. All prices are inclusive of VAT.

Kindly inform us if you have any food-related allergies or intolerance

T H E **H** Y D E

WELLNESS BREAKFAST (NON-INCLUSIVE)

- Protein Power** £16.00
Egg white omelette with mushrooms, peppers, chopped tomatoes, prepared with olive oil, Scottish salmon, steamed spinach, vegan sausages served with rye seeded bread toast.
- Tofu Scrambled on Toast** £13.00
Scrambled creamy tofu, sliced radish, scallion served on toasted rye seed bread along with roasted vine cherry tomatoes and baby courgettes. Cholesterol-free, low in fat and high in protein.
- Poached Egg with Avocado Mash on Sourdough** £14.00
Poached egg with avocado mash, chopped fresh onion & tomatoes, lemon juice, olive oil with steamed asparagus on the side. Good balance of fiber, protein and healthy fats.
- Porridge with Chia Seeds** £13.00
A la minute chia seeds cooked with unsweetened almond or coconut milk, served with avocado, mixed berries, mixed seeds, roasted almond and coconut flakes. A complete source of protein, higher levels of calcium, magnesium and potassium.
- Quinoa with Oat Milk** £12.00
A la minute quinoa cooked with unsweetened oat milk, served with mixed berries, seasonal mango and almond flakes Gluten-free, high in quality protein, aids in weight loss
- Quinoa & Coconut Pudding** £12.00
Quinoa cooked in coconut milk served with mixed berries, organic coconut chips & fresh pomegranate.

SMOOTHIES AND LATTE

- Green Detox** £8.00
A blend of spinach, kale, cucumber, green apple, lemon juice and a touch of ginger for a refreshing and cleansing drink.
- Berry Blast Smoothie** £7.00
Mixed berries, almond milk, chia seeds and a splash of honey
- Matcha Latte** £6.00
Provides metabolism boost and energy for a healthy mind.
- Turmeric Latte** £6.00
Lowers blood pressure and supports your immune system.
- Beetroot and Cacao Latte** £6.00
A rich, rejuvenating latte that boosts stamina.
- Kombucha** £7.00
Reduce inflammation and support immune system

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