# BREAKFAST

Please help yourself to our continental table. Hot dishes are prepared fresh to order from the kitchen and served at your table.

Continental only £12.00 • Continental & hot dish £18.00

### DRINKS

#### Hot Drinks

Fresh coffee • Teas • Infusions

Fruit Juice

Apple | 94 kcal • Cranberry | 101 kcal • Freshly squeezed orange | 85 kcal

Speciality Coffee

Espresso | 9 kcal £3.25 • Double espresso | 18 kcal £4.25 • Americano | 9 kcal £4.25 Cappuccino | 62 kcal £4.75 • Latte | 56 kcal £4.75 • Flat white | 95 kcal £4.75 • Cortardo | 38 kcal £3.50

Morning Beverages

Bucks Fizz £9.00 • Moët & Chandon Impérial, Brut NV (125ml) £12.50 Bloody Mary £11.00 • Wild Idol Non-Alcoholic Sparkling Rosé (125ml) £10.00

## ON TOAST

CHOOSE FROM: MALTED BROWN, WHITE BLOOMER, SOURDOUGH OR GLUTEN-FREE TOAST

Sautéed Mushrooms VG, GFA Soya cream, thyme butter | 417 kcal

**Two Poached Eggs V, GFA** Crushed peas, broad beans, lemon | 437 kcal

Coconut & Oat French Toast V, GFA

Raspberry chia jam, blueberries, maple | 549 kcal

Eggs Any Style GFA

Two hen's eggs, poached, boiled, scrambled or fried | 116 kcal per 100g

### FROM THE KITCHEN

Eggs Benedict | 693 kcal • Eggs Royale | 734 kcal • Eggs Florentine V | 467 kcal

Spinach & Ricotta Soufflé Omelette V, GFA

Chives, shallots and watercress | 429 kcal

Sausage & Egg Morning Brioche

Cumberland sausage patty, fried egg, cheese and hash browns stacked in a toasted brioche 1617 kcal

Pancakes

Served with bacon and maple syrup | 383 kcal or berries and coconut yoghurt V | 231 kcal

Harbour Full English GFA

Sausage, back bacon, black pudding, tomato, mushrooms, bubble and squeak, baked beans and eggs your way 1609 kcal

#### Vegetarian English V, GFA

Vegan sausage, tomato, mushrooms, bubble and squeak, baked beans and scrambled eggs | 761 kcal

Omega ChichesterHarbourHotel

V vegetarian • VG vegan • GFA gluten-free available

If you are booked on a Bed & Breakfast inclusive package, there is no charge for Continental Breakfast or Hot Dishes.

If you are concerned about any food allergies or dietary requirements please speak to a member of the team who would be delighted to assist. Adults require approximately 2000 kcal per day. All prices are inclusive of VAT.

