

# Lookout Lodge Breakfast Menu

**English breakfast**, choose from:

Fried Eggs (165 Kcal)

Mushrooms (61Kcal)

Bacon (98 Kcal)

Pork Sausages (136 Kcal)

Vegan Sausage (77 Kcal)

Hash Browns (120Kcal)

Tomatoes (6 Kcal)

Baked Beans (44 Kcal)

Toast (93 Kcal)

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**Continental breakfast**, choose from:

Cereal – Coco Pops, Crunchy Nut, Cornflakes, Rice Crispies, Special K

Pain au chocolate (373), croissant (389)

Apples (93), Watermelon (60) Honeydew melon (36) Pineapple (66)

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**Drinks**, choose from:

Tea, Coffee, Apple juice, Orange juice

The recommended daily calorie intake for an adult is 2000Kcal