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