

The Plough

WANGFORD

CONTINENTAL BREAKFAST

(We'll be along shortly to take your order)

	Kcal
Special K	112
Crunchy Nut Corn Flakes	140
Corn Flakes	113
Coco Pops	136
Tea	1+
Coffee	6+
Orange juice	47
Apple juice	46
Cranberry juice	20

COOKED BREAKFAST

Grilled Suffolk sausages and bacon with a field mushroom, roasted tomato, local black pudding, baked beans & fried egg	926
Smoked salmon and scrambled eggs on toasted English muffin	446
Roasted mushrooms and poached eggs on toasted English muffin	353
Fresh fruit salad	98
Toast and preserves (listed below)	64+
Jam	37
Marmalade	20
Fresh coffee	6+
Tea	1+

For those fancying a vegetarian option, we can tailor a breakfast to you.

OUR MENUS ARE LOCALLY SOURCED, RESPONSIBLY PRODUCED AND SUSTAINABLY DELIVERED

(pb) = Plant Based / Vegan (v) = Vegetarian (gf) = Gluten Free
For dietary requirements, please speak to a member of our team.

Adults need around 2000 Kcals a day.



ADNAMS
SOUTHWOLD