

**good morning...**

...vietnam

...gorgeous

...what's cooking

...sleepyhead

...i love you



the gibson hotel

**whatever you feel like,**

we have you sorted, for breakfast anyway!

if you start me up,  
**i'll never stop  
never stop**

### juices

orange juice contains allergens: 9  
apple juice contains allergens: 9  
selection of fruit juice  
detox water  
fruit smoothies contains allergens: 7

### tea + coffee

breakfast is complimented by teas,  
breakfast or herbal varieties and a  
selection of specialty coffees

### porridge

hearty creamy porridge directly  
from the kitchen contains allergens: 7  
additional accompaniments  
nuts contains allergens: 5 almond, brazil,  
cashew, hazelnut, walnut  
seeds contains no allergen  
dried fruits contains allergens: 9

### health pots/ seasonal specials

please ask your server

cereal killer  
**qu'est-ce  
que c'est?**

### cereal

cornflakes contains allergens: 6 barley  
special k  
contains allergens: 6 wheat & barley  
weetabix  
contains allergens 6 barley & wheat  
homemade muesli  
contains allergens: 5 almond, hazelnut,  
pecan, 6 oat & barley, 7  
COCO pops contains allergens: 6 barley  
crunchy nut  
contains allergens: 6 wheat, barley,  
5 peanut & nut traces  
fruit & fibre  
contains allergens: 5 nuts, coconut and  
nut traces, 6 wheat  
granola  
contains allergens: 6 wheat & oats, 5 almond,  
hazelnut, pecan, brazil, cashew, pistachio

### dairy alternatives

alpro almond milk  
contains allergens: 5  
almond alpro soya milk  
contains allergens: 8  
alpro oat milk  
contains allergens: 6 oat  
alpro coconut milk  
contains allergens: 5 nut trace

feelin'  
hot hot hot  
**hot hot hot!**

### hot breakfast

grilled back bacon contains no allergens  
sausage contains allergens: 6 wheat, 9  
white pudding  
contains allergens 6, wheat, oats, barley, 9, 11  
black pudding  
contains allergens: 6 barley, 9  
sautéed mushrooms  
contains allergens: 7  
sauteed potato contains no allergens  
grilled tomatoes contains no allergens  
baked beans contains allergens: 9

### eggs

scrambled eggs  
contains allergens: 7, 11  
boiled eggs, poached or fried  
contains allergens: 11

### the continental

a selection of continental meats  
and cheeses for you to  
choose from on the buffet

### plant based

a selection of vegetarian + vegan  
items are available on the buffet  
for you to choose from

shout, shout,  
**let it all out,  
all of the things...**

### bakery

all bakery items may contain allergen 5, nut traces  
toasting breads  
contains allergens: 6 wheat  
butter croissant/pain au chocolat  
contains allergens: 6 wheat, 7, 11  
cinnamon swirl  
contains allergens: 5 nut traces, 6 wheat, 7, 11  
banana bread  
contains allergens 5 almond, hazelnut,  
6 wheat, & oat  
lemon drizzle loaf  
contains allergens: 7, 11  
all served with a selection of  
real honey, high fruit content  
marmalade and gourmet jams

### free from

gluten free cornflakes contains no  
allergens  
gluten free white bread  
contains allergens: 11  
gluten free muffin contains allergens :11



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### **allergen index**

#1 crustaceans / #2 molluscs / #3 fish / #4 peanuts / #5 nuts /  
#6 cereals containing gluten / #7 milk/milk products / #8 soya /  
#9 sulphur dioxide/ #10 sesame seeds / #11 eggs /  
#12 celery & celeriac / #13 mustard / #14 lupins /