



GEM HOTELS

Gem Fitzrovia Hotel Continental Breakfast Menu

£19.50

Cereals (v)(vg)

Corn flakes (G) • Rice Krispies • All-Bran (G) • Weetabix (G) • Muesli (G, N)
• Coco Pops • Fruit & Fibre (G, N) • Special K (G)

Dried Fruits & Seeds (v)(vg)

Seedless raisins • Dried apricots • Banana chips • Mixed seed selection

Fresh Fruit & Yoghurts (v)(vg)

Fresh fruit salad • Fruit segments in syrup (mandarin, peach, prunes)
• Yoghurt selection (natural & fruit) (Mk) • Granola yoghurt (G, Mk, N)

Bread and Pastries (v)(vg)

Croissants (E, G, Mk) • Danish pastry selection (E, G, Mk) • Bread rolls (G)

Cheese (v)

Cheddar (Mk) • Baby Bell (Mk) • Brie (Mk) • Emmental (Mk) • Leicester (Mk)

Cold Meats & Seafood Platter

Honey Roast Ham • Chorizo • Salami • Mackerel (F)

Fresh Fruit Juices (v)(vg)

Orange • Apple • Tomato • Cranberry • Pineapple

Monday – Saturday 07:00 – 10:00
Sunday & Bank Holiday 08:00 – 10:30



GEM HOTELS

Gem Fitzrovia Hotel English Breakfast Menu

£24.50

(or £5.00 supplement to Continental Breakfast price)

All items on the Continental Breakfast menu plus:

Vegetarian (v)(vg)

Grilled tomatoes • Baked beans • Sautéed mushrooms • Hash browns (G)
• Vegetarian Sausages (on request) (G, S)

Eggs

Scrambled (E, Mk) • Boiled (E) • Fried (E) • Poached (on request) (E)

Meat

Bacon • Cumberland sausages (G)

Hot Beverages *(additional supplement applies)* (v)(vg)

£3.95 – Cappuccino (Mk*), Café Latte (Mk*), Espresso (Mk*)

All breakfasts are accompanied with white/ wholemeal toast, tea, filtered coffee and/or hot chocolate

Monday – Saturday 07:00 – 10:00
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*(v)Vegetarians, (vg)Vegans, (C)Crustaceans, (Ce)Celery, (E)Eggs, (F)Fish, (G)Cereals Containing Gluten, (L)Lupin, (Mk)Milk, (Mo)Molluscs, (Mu)Mustard, (N)Nuts, (P)Peanuts, (S)Soya, (Sd)Sulphur Dioxide, (Se)Sesame Seeds. *Alternative options available, please check with the team member. Whilst we have controls in place to reduce contamination, unfortunately it is not possible for us to guarantee that any dishes we prepare for customers with special dietary requirements will be 100% allergen or contamination free. All prices are inclusive of VAT.*