

# Bettys

## COOKERY SCHOOL

### BREAKFAST

#### Pain Au Chocolat

A classic breakfast treat freshly baked at our Craft Bakery. 384 kcal

#### Bettys Tea Room Blend (Ve)

Our traditional rich blend of top class African and Assam teas. 0 kcal

Or

#### Bettys Café Blend (Ve)

A blend of top class Kenyan, Central American and South American coffees.

Medium roasted. 0 kcal

*Decaffeinated tea or coffee and alternative milks are available on request.*

### LUNCH

#### Coronation Chicken Salad

Served with jewelled couscous, baby leaf salad and Swiss dressing. 372 kcal

#### Seasonal Cheesecake (V)

Made with cream cheese and fresh cream on a crunchy biscuit base.

Topped with seasonal fruit. 425 kcal

*Served with a glass of Swiss house wine of your choice:*

House White Wine (Ve) 12.5% vol.

House Red Wine (Ve) 13.5% vol.

House Rosé Wine (Ve) 13.5% vol.

*Where wines are sold by the glass, the measure is 175ml. If you would prefer 125ml, please ask.*

*Soft drinks are available on request.*

### Followed by Tea & Coffee

Alcoholic drinks may be served only in licensing hours to customers over 18 taking a meal. Alcohol strengths may vary with vintages.

For further calorie (kcal) information regarding alternative milks please speak to a member of staff.

Please inform your server if you have any allergies/intolerances or dietary requirements we need to be made aware of. Detailed information on the fourteen legal allergens is available on request. However, we are unable to provide information on other allergens.

\*(V) suitable for vegetarians \*(Ve) suitable for vegans.

Please be aware that due to the open plan nature of our kitchens we are unable to guarantee a complete absence of gluten, however, we do offer dishes and products that are made with non-gluten containing ingredients. In our Craft Bakery products are made where nuts, gluten, sesame seeds, milk, eggs, mustard and soya are used, so may contain traces. Some of our products may also contain traces of peanut due to ingredients from our suppliers.

Adults need around 2000 kcal a day.