



EDWARDIAN
HOTELS

LONDON

Breakfast Bible & Allergen Matrix Workbook

Steak & Lobster Heathrow

August 2020

Steak & Lobster

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This workbook is to be completed by the employee as part of the learning process. All answers required are contained within the pages of the document.

Opening times

Breakfast

Monday to Sunday
06:30 – 10:30

Steak & Lobster

Lunch Service
Closed

Dinner Service
Monday to Sunday
17:00 - 20:30

Last reservation: 20:30

Last orders: 20:45

All guests must vacate the
premises by 21:45

Annayu

Closed

Bijou Lounge Bar

Closed

In-Room Dining

24 hours

*Please note that these operational
hours are subject to change.

Please note that outside of restaurant & bar operational hours,
guests can enjoy complimentary items from the Residence Cart –
offering tea, coffee and Sicilian lemonade.

The items should be served by the reception team and should
not be accessible for guests.

À La Carte Breakfast Menu



WELCOME TO OUR BREAKFAST

Available Monday to Sunday 6.30am - 10.30am
£22 per guest
(forms part of the inclusive breakfast)

FRESHLY SQUEEZED JUICES

Orange juice
Grapefruit juice
Green cleanser
Apple juice

À LA CARTE

The English

Unsmoked back bacon, smoked sweetcure streaky bacon, Cumberland sausage, baked beans, grilled mushrooms, hash brown, roasted vine cherry tomatoes and Burford Brown eggs your way

The Continental

Smoked Scottish salmon, Cheddar cheese and Brie, cured meat selection and freshly cut fruits, served with freshly baked butter croissant and preserve

The Vegetarian

Fried Burford Brown eggs, hash browns, baked beans, roasted vine cherry tomatoes and grilled mushrooms (also available with poached or scrambled eggs)

Burford Brown eggs

Your choice of eggs: poached, boiled, scrambled or fried
Cereal and yoghurts are also available on request

TEA SELECTION

English Breakfast
Fresh mint and lemon
Jasmine
Green Sencha
Earl Grey
Black tea and ginger

COFFEE SELECTION

Filter coffee
Latte
Decaffeinated
Macchiato
Espresso
Mocha
Cappuccino
Double espresso
Rococo chocolate
(award-winning organic drinking chocolate with a creamy finish)

If you have a food allergy or intolerance, please speak to a member of our staff before you order or consume any food or beverage.
A discretionary service charge of 12.5% will be added to your bill. All prices are inclusive of VAT.



BREAKFAST HAMPER

Enhance your stay with our bespoke breakfast hamper, designed to be enjoyed in the comfort of your own room or while on the move.

Available Monday to Sunday 6.30am - 10.30am

£22 per guest

(forms part of the inclusive breakfast)

SEASONAL FRESH FRUITS

Freshly cut watermelon, cantaloupe melon, pineapple and passionfruit

Please choose one item from each of the following sections:

BREAKFAST POTS

Strawberry yoghurt

Coconut yoghurt

Bircher muesli

FRESHLY SQUEEZED JUICES

Orange juice

Apple juice

OUR SIGNATURE BAGELS

Unsmoked back bacon, Burford Brown egg and a cheese glaze

Shichimi-spiced smoked salmon with wasabi mayonnaise

Crushed avocado with chilli, lime and cilantro

Manuka honey and cinnamon cream cheese

TEA SELECTION

English Breakfast

Fresh mint and lemon

Jasmine

Green Sencha

Earl Grey

Black tea and ginger

COFFEE SELECTION

Filter coffee

Latte

Decaffeinated

Macchiato

Espresso

Mocha

Cappuccino

Double espresso

* All in-room dining orders will have an additional tray charge of £1.50 added to the bill. If you have a food allergy or intolerance, please speak to a member of our staff before you order or consume any food or beverage. A discretionary service charge of 12.5% will be added to your bill. All prices are inclusive of VAT.

Steak & Lobster – À La Carte Breakfast Bible

Item	Cold selection	Picture	Description for guests
Seasonal fresh fruits Allergens:	Freshly cut watermelon, cantaloupe melon, pineapple and passion fruit		Freshly cut seasonal fruit served in a sealed pot.
	Comments		
Breakfast pots	Strawberry yoghurt - Greek yoghurt and strawberry puree Allergens: Coconut yoghurt - Greek yoghurt and coconut puree Allergens: Bircher muesli - Porridge oats, natural yoghurt, honey, pumpkin seeds, almonds, sultanas, apples and lemon juice Allergens:		Our homemade breakfast pots served in a sealed pot. We have two flavours of yoghurts alongside Bircher muesli, a form of overnight oats with pumpkin seeds, almonds and sultanas.
	Comments		
Cereal selection	Special K Dorset muesli Bran Flakes Coco Pops Allergens: per brand details on packaging All served with your choice of milk: Skimmed milk Allergens: Soya milk Allergens: Almond milk Allergens:		Our four individually packaged cereals are available to ensure the guests have a variety of choice. Milk options are served in small jars and individually sealed.
	Comments		

Steak & Lobster – À La Carte Breakfast Bible

Item	Cold selection	Picture	Description for guests
Freshly squeezed juices	Orange juice Apple juice Pink grapefruit juice Green juice – Apple juice, cucumber, celery and fresh apples		Freshly squeezed juices served to order along with hot beverages.
Allergens:	Comments		

Item	À la Carte All Edwardian Hotels London brands	Picture	Description for guests
The English	Unsmoked back bacon, smoked sweetcure streaky bacon, Cumberland sausage, baked beans, grilled mushrooms, hash brown, roasted vine cherry tomatoes and Burford brown eggs your way		Traditional English breakfast, with organic Burford brown eggs served to your choice.
Allergens:	Comments		
The Continental	Smoked Scottish salmon, Cheddar cheese and Brie, cured meat selection and freshly cut fruits, served with freshly baked butter croissant and preserve		Our continental selection served à la carte, with a freshly baked croissant. A selection of cheese complement smoked salmon and the cured meat selection.
Allergens:	Comments		
The Vegetarian	Fried Burford Brown eggs, hash browns, baked beans, roasted vine cherry tomatoes and grilled mushroom (also available with poached or scrambled eggs)		Traditional vegetarian breakfast, with organic Burford brown eggs served to your choice and hash browns.
Allergens:	Comments		

Steak & Lobster – À La Carte Breakfast Bible

Item	À la Carte All Edwardian Hotels London brands	Picture	Description for guests
Burford Brown eggs	Your choice of eggs: poached, boiled, scrambled or fried.		Traditional English breakfast, with organic Burford brown eggs served to your choice.
Allergens:	Comments		

Steak & Lobster – In-Room Breakfast Hamper

Item	In-Room	Picture	Description for guests
Seasonal fresh fruits Allergens:	Freshly cut watermelon, cantaloupe melon, pineapple and passion fruit		<p>Enhance your stay with our bespoke breakfast hamper, designed to be enjoyed in the comfort of your own room or while on the move.</p> <p>It includes, freshly cut seasonal fruit, breakfast pots, freshly squeezed juices and our signature bagels.</p> <p>This will be served for the guest to enjoy in their room or to take away.</p> <p>The guest will be requested to select one item from each section:</p> <p>Breakfast pots Freshly squeezed juices Our signature bagels</p>
Breakfast pots	Strawberry yoghurt - Greek yoghurt and strawberry puree Allergens: Coconut yoghurt - Greek yoghurt and coconut puree Allergens: Bircher muesli - Porridge oats, natural yoghurt, honey, pumpkin seeds, almonds, sultanas, apples and lemon juice Allergens:		
Freshly squeezed juices Allergens:	Orange juice Apple juice		
Our signature bagels	Unsmoked back bacon, Burford brown egg and a cheese glaze Allergens: Shichimi – spiced smoked salmon with wasabi mayonnaise Allergens: Crushed avocado with chilli, lime and cilantro Allergens: Manuka honey and cinnamon cream cheese Allergens:		
	Comments		

Steak & Lobster – Breakfast Allergen Matrix

	Allergen													
	Celery	Cereals Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Soy	Sulphites	Tree Nuts
Seasonal fruit and Breakfast Pots														
Seasonal fresh fruit pot														
Strawberry yoghurt														
Coconut yoghurt														
Bircher muesli														
Milk selection														
Almond milk														
Soya milk														
Skimmed milk														
Freshly squeezed juices														
Orange														
Apple														
Pink grapefruit														
Green juice														

All of our dishes are prepared in areas where allergenic ingredients are present.

The Allergen Matrix shows dishes that do not contain allergenic ingredients as intentional ingredients, however we cannot guarantee that they are 100% free from ingredients due to the preparation process.

Steak & Lobster – Breakfast Allergen Matrix

	Allergen													
	Celery	Cereals Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Soy	Sulphites	Tree Nuts
À La Carte														
The English														
The Continental														
The Vegetarian														
Burford Brown Eggs - Fried														
Burford Brown Eggs - Scrambled														
Burford Brown Eggs - Boiled														
Burford Brown Eggs - Poached														
Breakfast hamper - Bagels														
Unsmoked back bacon, Burford brown egg and a cheese glaze														
Shichimi – spiced smoked salmon with wasabi mayonnaise														
Crushed avocado with chilli, lime and cilantro														
Manuka honey and cinnamon cream cheese														

Steak & Lobster – Q & A

What are the breakfast options within the property?

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What time are the breakfast options served within the property on each day?

Option/Offering	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Are there options for guests outside of outlet serving periods?

--

Name and describe the four options from the cold selection

1	
2	
3	
4	

Name and describe the à la carte options

1	
2	
3	
4	

Steak & Lobster – Q & A

Is the Full English suitable for a guest with a gluten allergy?

--

What allergens are in each of the breakfast pots?

Breakfast pot	Allergen contained

Name and describe the signature bagels in the breakfast hamper

1	
2	
3	
4	

What cold item comes with each breakfast hamper?

--

What are the sections from which the guest must choose a breakfast item from the hamper, and the items within the section?

1	
2	

What are the cooking options for the Burford Brown eggs?

--

Name a suitable hot option for a guest with an egg allergy

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