

# FAST AND FRESH

Fast & Fresh has been developed for our guests who want to enjoy fresh and tasty food in a hurry.

**Edamame beans** (253 kcal) **VE H** £5.75  
sprinkled with natural rock salt.

**Chef's soup of the day** (408 kcal) **V 24** £6.75  
served with a bread roll.

**Classic Caesar salad** (455 kcal) **H** £10.75  
cos lettuce, herb croutons, Parmesan shavings and Caesar dressing.

**Cobb salad** (782 kcal) **H** £12.95  
cos lettuce, bacon, boiled egg, tomato, avocado topped with a blue cheese dressing.

**Superfood salmon salad** (867 kcal) **H** £16.50  
3oz salmon with quinoa, broccoli, cauliflower, mixed leaves, sweetcorn, blueberries, walnuts topped with sesame seeds and citrus dressing.

*Add char-grilled chicken breast. (180 kcal)* £4.00

*Add bacon rashers. (60 kcal)* £2.00

**Penne al pesto** (895 kcal) **V** £16.95  
penne tossed in basil pesto with roasted vegetables topped with Parmesan shavings and served with a crispy mozzarella stick.

## SIDES

**Minted peas** (150 kcal) **VE** £4.55

**Broccoli** (48 kcal) **VE H** £4.55

**Mixed leaf salad** (30 kcal) **VE H** £4.55

## DESSERT

**Fresh fruit salad** (96 kcal) **VE H** £5.75  
with raspberry sorbet.

## Food for thought.

A little something  
to keep you going.



BREAKFAST MENU

Available from 6.30am to 10.00am – Monday to Sunday.  
Crown Plaza Breakfast £18.95  
Please refer to the breakfast menu on the bedroom door handle.

BRUNCH

Available from 7.00am to 12.00pm.  
White or brown toast (380 kcal) V £3.85  
with butter and preserves.  
Breakfast brioche (490 kcal) £7.75  
sausage, bacon and fried egg in a toasted brioche bun.

ALL DAY

Available from 12.00pm to 10.30pm.  
Edamame beans (253 kcal) VE H £5.75  
sprinkled with natural rock salt.  
Chef's soup of the day (408 kcal) V 24 £6.75  
served with a bread roll.  
Classic Caesar salad (455 kcal) H £10.75  
cos lettuce, herb croutons, Parmesan shavings  
and Caesar dressing.

BETWEEN BREAD

Choose from white or brown bloomer and  
served with French fries.  
Ultimate grilled mozzarella and tomato sandwich (847 kcal) V £7.50  
with pesto.  
Wholewheat pita (821 kcal) H £8.25  
filled with sriracha chicken, cos lettuce, tomato,  
topped with guacamole.  
Ham and Cheddar cheese melt (625 kcal) V 24 £8.95  
with honey mustard.

NUTRITIOUS BOWLS

Cobb salad (782 kcal) H £12.95  
cos lettuce, bacon, boiled egg, tomato, avocado  
topped with a blue cheese dressing.  
Superfood salmon salad (867 kcal) H £16.50  
3oz salmon with quinoa, broccoli, cauliflower, mixed leaves,  
sweetcorn, blueberries, walnuts topped with sesame seeds  
and citrus dressing.  
Add char-grilled chicken breast. (180 kcal) £4.00  
Add bacon rashers. (60 kcal) £2.00

LITTLE ITALY

Grilled vegetable pizza topped with pesto (1214 kcal) V £14.50  
Stuffed crust four cheese pizza (1190 kcal) V £15.00  
Stuffed crust pepperoni pizza (1350 kcal) £15.50  
Extra pizza toppings: £1.50 each  
mushrooms (10 kcal), ham (15 kcal), jalapeño (3 kcal), red onion (6 kcal)  
or olives (45 kcal).

PASTA BAR

Penne al pesto (895 kcal) V £16.95  
penne tossed in basil pesto with roasted vegetables topped with  
Parmesan shavings and served with a crispy mozzarella stick.  
Salmon linguine marinara (995 kcal) £19.95  
with vegetables, cherry tomatoes, olives tossed in a  
marinara sauce.

CLASSICS

Malaysian vegetable curry (897 kcal) V £16.95  
served with basmati rice, mini naan bread and mango chutney.  
Butter chicken in a creamy cashew sauce (mild) (951 kcal) £17.95  
served with basmati rice, mini naan bread and mango chutney.  
Fisherman's basket with chips (780 kcal) £17.95  
dill battered cod fillet and chips served with smashed peas.

FLAME GRILLED BURGERS

All burgers are served between a brioche bun with mayonnaise,  
gem lettuce, tomato, red onion and gherkins served with coleslaw  
and chips.  
Halloumi and avocado burger (1441 kcal) V £15.50  
grilled halloumi, smashed avocado, flat mushroom and guacamole.  
Katsu buttermilk chicken burger (1566 kcal) £15.95  
chicken breast covered in a light breadcrumb topped with  
warm katsu sauce.  
8oz Aberdeen Angus beef burger (1601 kcal) £15.95  
Extra toppings: £1.75 each  
Blue cheese (30 kcal), mature Cheddar (10 kcal), Brie (12 kcal),  
bacon (60 kcal), fried egg (95 kcal), onion rings (40 kcal).















SIDES



Thick cut chips (248 kcal) V £4.55 each  
Crispy mac and cheese bites (253 kcal) V  
Minted peas (150 kcal) VE  
Broccoli (58 kcal) VE H  
Mixed leaf salad (30 kcal) VE H  
Popcorn chicken bites (233 kcal)  
Piri piri potato wedges (186 kcal)

DESSERTS

Fresh fruit salad (96 kcal) VE H £5.75  
with raspberry sorbet.  
Homemade warm chocolate brownie (551 kcal) V £6.75  
served with vanilla ice-cream.  
Strawberry waffles (510 kcal) V £7.50  
served with vanilla ice-cream and strawberries topped with  
chocolate sauce and cinnamon.  
Plaza's cheeseboard (650 kcal) V £10.95  
Stilton Blue, Brie and Sussex Charmer, served with grapes,  
fruit chutney and savoury biscuits.

CHILDREN'S MENU  
2 courses £10.95, 3 courses £12.95

This menu is available for children under 12 years of age.  
Tomato soup. (120 kcal) V     
Mini prawn cocktail. (145 kcal)    
Junior beef burger with chips and beans. (440 kcal)    
Grilled chicken breast with new potatoes and peas. (220 kcal)    
Breaded fish goujons with chips and tartare sauce. (290 kcal)    
Pasta with choice of tomato sauce (230 kcal) or cheese sauce. (360 kcal)    
Chocolate brownie with vanilla ice-cream. (320 kcal)  
Assorted ice-creams (2 scoops of your choice). (198 kcal)  
Fresh fruit salad. (75 kcal) H 

V	Vegetarian	24	Available 24 hours
VE	Vegan		Low salt
H	Healthy		Low sugar

DRINKS

Soft Drinks  
Fruit Juice (Orange, Apple, Cranberry) 250ml £3.00  
Britvic J20 (All flavours) 275ml £3.75  
Pepsi / Diet Pepsi 330ml £4.50  
Mineral Water (Still / Sparkling) 750ml £4.50

Hot Drinks  
Starbucks Coffee Solo Doppio  
Espresso £2.75 £3.00  
  
Tall Grande  
Caffè Latte £3.50 £3.90  
Cappuccino £3.50 £3.95  
Caffè Americano £3.35 £3.55  
Caffè Mocha £3.60 £3.95  
Caramel Macchiato £3.60 £3.95  
Hot Chocolate £3.50 £3.95  
Extra: Syrup/Whipped cream/Espresso Shot £.80p  
Taro Tea Each  
English Breakfast £3.50  
Earl Grey £3.50  
Green Tea £3.50  
Peppermint Tea £3.50  
Decaffeinated and other Herbal Teas £3.50

Beer / Cider  
Peroni 330ml £5.50  
Heineken 330ml £6.00  
Bulmers Original Cider 500ml £5.50  
Bulmers Crushed Red Berries Cider 500ml £6.50

White Wines	175ml	250ml	Bottle
Pontebello Pinot Grigio	£7.00	£9.00	£25.50
Australia			
Monte Verde Sauvignon Blanc	£7.50	£9.50	£26.50
Central Valley, Chile			

Red Wines	175ml	250ml	Bottle
Mill Cellars Shiraz	£7.50	£9.50	£26.50
South Eastern, Australia			
Los Romeros Merlot	£7.50	£9.50	£26.50
Central Valley, Chile			

Rosé Wines	175ml	250ml	Bottle
El Velero Tempranillo Rosado,	£6.90	£8.50	£23.50
Valdepeñas			
Castilla-La Mancha, Spain			

Sparkling Wine / Champagne	125ml	Bottle
Da Luca Prosecco	£8.50	£39.95
Veneto, Italy		
Moët & Chandon Brut Impérial		£82.00
Champagne, France		

Tray Charge of £3.50 per order.  
All our food is prepared in a kitchen where nuts, gluten and  
other food allergens are present. Our menu descriptions do not  
include all ingredients.  
If you have a food allergy or intolerance, please let us know  
before ordering. Full allergen information is available, please  
ask a team member for details.