

The Hibernator – the 8,000 Calorie Breakfast

This is “The Hibernator” – an 8,000-calorie breakfast available at the “Bear Grills Café” in Congleton, Cheshire, England. The meal weighs 3.2 kg (the average weight of a newborn baby) and contains over three times the recommended daily calorie allowance for men. The Hibernator breakfast consists of:

- 8 slices of bacon
- 8 sausages
- 4 hash browns
- 4 fried eggs
- 4 potato waffles
- 4 slices of toast
- 4 slices of fried bread
- 4-egg cheese omelet
- Beans
- Tomatoes
- Mushrooms
- Blood sausage
- A large portion of chips



All this comes with an enormous two-pint milkshake, with whipped cream on top.

It is called “The Hibernator” due to how sleepy you would feel after eating so much food. The meal costs £19.95, but if you finish it in less than 30 minutes, it's free! As well as a free breakfast, winners would get a T-shirt and a place on the Bear Grills Wall of Fame.



Twenty-two brave people have tried The Hibernator challenge, and none of them have succeeded. Café owner Mark Winder invented the challenge in an attempt to expand his client base. He said “Most of my clients are over 60, and the The Hibernator is an attempt to attract younger people”. Many young guys come in and try the challenge. They look at the ingredients and say: “I am going to do that!” But when they see it all on a big plate, they start to cry! They usually give up after about twenty minutes. The challenge is not healthy, so you have to sign a waiver before you start.