





BREAKFAST

FULL BREAKFAST 11

Two free-range eggs (poached, scrambled or fried), back bacon, grilled tomato, chestnut mushrooms, sautéed potatoes & toasted gluten free bread 949KCAL

SMOKED SALMON & SCRAMBLED EGGS 10.5

Smoked salmon & scrambled eggs topped with watercress and served on toasted gluten free bread 500KCAL

AVOCADO ON TOAST vg 8

Crushed avocado & chilli on gluten free toast 471KCAL Add on poached eggs 2 577KCAL

EGGS BENEDICT 10

Two poached eggs, Dingley Dell ham & hollandaise sauce on toasted gluten free bread 790KCAL

EGGS ROYALE 10.5

Two poached eggs, smoked salmon & hollandaise sauce on toasted gluten free bread 838KCAL

EGGS FLORENTINE v 10

Two poached eggs, sautéed spinach, dill & hollandaise sauce on toasted gluten free bread 752KCAL

BREAKFAST SIDES

BACON 2 154KCAL

EGG 2 (Poached, Scrambled, Fried) 115KCAL

TOMATO 2 39KCAL

CRUSHED AVOCADO 2 192KCAL

MUSHROOMS 2 56KCAL

GLUTEN FREE TOAST 2 190KCAL

SAUTÉED POTATOES 2 149KCAL

AVOCADO 2 192KCAL

DRINKS

COFFEES

Our house roast coffee is Fairtrade certified & roasted exclusively for us

> CAPPUCCINO 3.3 48KCAL FLAT WHITE 3.3 48KCAL LATTE 3.3 74KCAL

AMERICANO 3.1 2KCAL ESPRESSO 2.8 2KCAI

DOUBLE ESPRESSO 3.3 4KCAL

MOCHA 3.4 96KCAI

HOT CHOCOLATE 3.5 145KCAL ICED COFFEE 3.5 293KCAL

LIQUEUR COFFEE 7

Decaf coffee available on request

TEAS

Outstanding, quality tea from Birchalls, the UK's only solar powered tea factory

BREAKFAST TEA 2.7 2KCAL EARL GREY TEA 2.7 2KCAL DECAFTEA 2.7 2KCAL FRESH MINT TEA 2.9 OKCAL **LEMONGRASS & GINGER TEA 2.7 OKCAL** PEPPERMINT TEA 2.9 2KCAL **GREEN TEA & PEACH 2.7 OKCAL**

Oat milk available on request

SOFTS

PINK LADY APPLE JUICE 3.95 121KCAL VALENCIA ORANGE JUICE 3.95 101KCAL



