

BREAKFAST



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Pastry Board
A selection of pastries (386 kcal)
5.50

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Bacon Bloomer (545 kcal) 6.50

Sausage Bloomer (402 kcal) 7.60

Smoked Salmon & Cream Cheese Bagel (495 kcal) 8.50

Pancakes with Maple Syrup & Strawberries (266 kcal) 9.25

Avocado & Tomato on Toast (303 kcal) 8.20

Omelette
Plain (216 keal) 6.80
Cheese & Ham (247 keal) 8.75
Cheese & Mushrooms (284 keal) 8.25

Full English Breakfast

Two eggs of your choice: fried, poached or scrambled with smoked bacon, two Italian sausages, sautéed mushrooms with onions, potato rosti, tomato, black pudding & toast (1240 kcal)

13.50

Choice Of Eggs On Toast 7.20 Scrambled, Poached or Fried (354 kcal)

Eggs Eggs
Benedict (476 kcal) Florentine (385 kcal) Norwegian (444 kcal)
9.95 9.95 10.25

Avocado & Poached Egg (504 kcal) 12.00

Smoked Salmon & Scrambled Eggs (360 kcal) 10.10

French Toast
Classic french toast with berries,
maple syrup & fresh cream (447 kcal)
9.50

Muesli (151 kcal) 6.60

Toast
with Preserves (268 kcal)
3.85

Granola (686 kcal) 6.25

Pink Grapefruit (123 kcal) 4.85

> Yoghurt, Low Fat (103 kcal) 6.70

Fresh Fruit Salad (83 kcal) 7.20

Healthy Bowl
Berry Compote,
Pomegranate Seeds, Goji
Berries, Multi Seeds & Yogurt

(483 kcal)
9,20

BELLINI

12.50

Prosecco mixed with one of the following; Raspberry, Blackberry & Vanilla Pear & Cinnamon Orange & Mango

SIGNATURE SMOOTHIES

7.50

Avocado, Kale, Apple & Lemon (256 kcal)
Orange, Carrot, Ginger Syrup & Lemon (93 kcal)
Banana, Nutella & Peanut Butter (206 kcal)

TEA (Loose leaf tea) 3.80 English Breakfast Tea, Earl Grey, Darjeeling, Ceylon, Peppermint, Assam (all 2 kcal)

COFFEE

Espresso (3 kcal)	3.25
Double Espresso (6 kcal)	3.75
Macchiato (10 kcal)	3.50
Cappuccino (68 kcal)	4.00
Latte (128 kcal)	4.00
Americano (6 kcal)	3.50

Almond and soya milk also available on request





