

# BREAKFAST

## HOUSE SPECIALS

Grilled & roasted, not fried. Less fat, healthy & delicious

### **FULL ENGLISH – £13.50**

Smoked chicken sausage, dry cured smoky bacon, scrambled eggs, beans, mushrooms, roasted vine tomatoes, hash brown & granary toast

### **SUPER LOW CARB (Gf) – £11.50**

Smoked chicken sausage, dry cured smoky bacon, scrambled eggs, mushrooms & roasted vine tomatoes

### **VEGGIE FULL ENGLISH (V) – £12.50**

Linda McCartney vegan sausages, scrambled eggs, beans, mushrooms, roasted vine tomatoes, hash brown & granary toast

### **VEGAN FULL ENGLISH (Vg) – £12.50**

Linda McCartney vegan sausages, scrambled tofu, beans, avocado, roasted vine tomatoes, hash brown & granary toast with vegan spread

## EGGNATION

Free range eggs served on granary toast

### **SCRAMBLED EGGS (V) – £8.00**

**ADD 2 X SMOKY BACON RASHERS – £2.50**

**ADD CHEDDAR CHEESE & CHILLI – £1.30**

## BREAKFAST ROLLS & SANDWICHES

Served on freshly baked granary

### **SMOKED CHICKEN SAUSAGE & FRIED EGG**

**– £5.30** (£6.30 IN)

### **VEGGIE SAUSAGE & FRIED EGG (V)**

**– £5.30** (£6.30 IN)

### **VEGAN SAUSAGE & SCRAMBLED TOFU**

**(Vg) – £5.30** (£6.30 IN)

### **BACON SANDWICH – £5.30** (£6.30 IN)

## PANCAKES

Triple stacked, homemade & yummy.

Served with fresh berries, maple syrup & dusted with icing sugar. Served all day

(Add 2 smoky bacon rashers +£2.50)

### **AMERICAN (V) – £8.30**

### **PROTEIN (V) – £9.30**

### **VEGAN (Vg) – £8.30**

## PORRIDGE & GRANOLA

### **CLASSIC PORRIDGE (V) – £5.00** (£6.00 IN)

Made with choice of milk, honey & topped with fresh seasonal berries & pumpkin seeds

### **POWER PORRIDGE (V) – £5.50** (£6.50 IN)

Made with choice of milk, apple juice, vanilla whey & topped with cinnamon & pumpkin seeds

### **NUTTY GRANOLA (V) – £5.50** (£6.50 IN)

Mixed nut granola with Fage thick & creamy Greek yogurt, fresh berries & honey