

BREAKFAST MENU

Cereal: Cornflakes 91Kcal, Crunchy Nut Cornflakes 139Kcal, All Bran 150Kcal, Rice Krispies 84Kcal, Coco Pops 134Kcal, Frosties 131Kcal (v) or (pb)	4
Cow's milk 168Kcal (v) Oat milk 88Kcal (pb) Soy milk 84Kcal (pb) Almond /Hazelnut / Cashew milk 26Kcal (pb)	
Croissant 236Kcal (v)	2.5
Pain au chocolat 329Kcal (v)	2.5
Toast with butter & Tiptree jam (strawberry / apricot) 401Kcal (v)	3.5
Bacon bap: crispy smoked bacon in a brioche bun 427Kcal	4.5
Greek yoghurt, granola, seeds and mixed berries 780Kcal (v)	5.5
Plant based yogurt, mixed berries, toasted almond, hazelnut, seed and agave syrup 409Kcal (pb) (gif)	6
Fruit salad, melon, oranges, apple, pears & grapes 145Kcal (pb) / with Greek yoghurt 185Kcal (v)	4.5 / 5
Eggs Florentine: poached eggs, sautéed spinach and hollandaise sauce on toasted sourdough 600Kcal (v)	8
Eggs Royale: smoked salmon, poached eggs and hollandaise sauce on toasted sourdough 670Kcal (v)	9.5
Eggs Benedict: Old Mill honey roast ham, poached eggs and hollandaise sauce on toasted sourdough 650Kcal (v)	9
Scrambled eggs with smoked salmon 766Kcal	9.5
Plant based scrambled tofu, wilted spinach and sourdough toast 397Kcal (pb)	9
Smashed avocado with cherry tomato and dukkah on toast 769Kcal (pb)	8.5
Full English: Cumberland sausages, smoked bacon, black pudding, your choice of eggs, roasted mushrooms, tomato and toast 1018Kcal	12
Vegetarian breakfast: vegan sausages, hash brown, spinach, baked beans, your choice of eggs, roasted mushrooms, tomato and toast 771Kcal (v)	12
American pancakes with blueberries, raspberries, banana and maple syrup 589Kcal (v)	7
American pancakes with bacon and maple syrup 447Kcal	7.5

Add an extra pancake 146Kcal 1.5

V (vegetarian) PB (plant based) GIF (gluten ingredients free)

Adults need around 2000Kcal a day. If you have specific dietary requirements or require allergy information, please ask. Please be aware that food containing allergens is prepared and cooked in our kitchen.