

SERVED  
UNTIL  
NOON

BREAKFAST  
*of champions*

# BREAKFAST

## THE FULL ENGLISH BREAKFAST

Two Cumberland sausages, two rashers of bacon, two fried free-range eggs, baked beans, hash browns, button mushrooms, grilled tomato and a slice of toast with butter. 1254 kcal

## THE FULL VEGGIE BREAKFAST

Two Quorn™ sausages, two fried free-range eggs, baked beans, hash browns, button mushrooms, grilled tomato and a slice of toast with butter. 1042 kcal

## TRADITIONAL BREAKFAST

Cumberland sausage, bacon, fried free-range egg, baked beans, hash brown, button mushrooms and half a grilled tomato. 586 kcal

**Why not top up with toast** +209 kcal?

## EGGS BENEDICT

Toasted muffin, with bacon and poached free-range eggs, topped with Hollandaise sauce. 707 kcal

## AVOCADO ON TOAST

With guacamole, poached free-range egg and slow-roasted tomatoes. 628 kcal

## BACON SANDWICH 665 kcal

## CUMBERLAND SAUSAGE SANDWICH 684 kcal

Vegetarian option available  635 kcal

## WHITE OR BROWN TOAST

White toast 419 kcal. Brown toast 424 kcal  
With strawberry jam +76 kcal or honey +61 kcal

## EGGS ON TOAST

Choose poached 200 kcal, fried 208 kcal or scrambled 306 kcal free-range eggs on white +209 kcal or brown +212 kcal toast

## Extras

### Free-range egg

Fried 104 kcal, scrambled 306 kcal or poached free-range egg 100 kcal

Hash browns  258 kcal

Baked beans  78 kcal

Bacon 82 kcal

Button mushrooms  51 kcal

Grilled tomato  18 kcal

Cumberland sausage 132 kcal

Quorn™ sausage  108 kcal

Toast  White 209 kcal or brown 212 kcal

## Hot drinks

We also have a wide range of soft drinks and juices available

## POT OF TEA

Choose English breakfast with milk 59 kcal or from a range of flavoured teas

## ESPRESSO

Small, dark, intense shot of black coffee. 1 kcal

## AMERICANO

A long, large coffee with milk. 46 kcal

## CAPPUCCINO

Espresso, topped equally with hot milk and froth. 82 kcal

## LATTE

Espresso, with steamed milk. 61 kcal

## HOT CHOCOLATE

Topped with cream and a dusting of cocoa 258 kcal

Adults need around 2000 kcal a day.

 Suitable for vegetarians. **Please note that we do not operate a dedicated vegetarian/vegan kitchen area.** Ingredients are based on standard product formulations, variations may occur. Calories/nutritional values stated are subject to change.

**Do you have any allergies?** Please inform a team member of any allergies before placing your order even if you have eaten the dish before, as ingredients can change, and menus do not list all ingredients. Full allergen information is available for all food & drinks, detailing the 14 legally declarable allergens contained in our dishes. **Whilst all reasonable steps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% free from allergens, owing to possible cross-contamination.** †Fish and poultry dishes may contain bones and/or shell. All weights are approximate uncooked. Photography/illustration is for guidance only. Management reserves the right to refuse custom and/or withdraw/change offers (without notice), at any time. Prices include VAT, at the current rate. At Stonegate Pub Company, all tips earned by our hard-working team members, from delivering great customer service, are retained by them. As we process credit card tips through our payroll, we are required to make statutory deductions. If a service charge is added to the bill, this is entirely discretionary and is paid to those team members providing the service. If, for any reason, you're not happy with your visit, please let a team member know. Stonegate Group, 3 Monkspath Hall Road, Solihull, West Midlands B90 4SJ.