

rise & shine >

FULL ENGLISH BREAKFAST £5.50

Two Cumberland sausages,
two rashers of bacon, two fried
eggs, baked beans, hash browns,
mushroom, a grilled tomato,
toast and butter

TRADITIONAL BREAKFAST £4.00

One fried egg, one rasher of
bacon, one Cumberland sausage,
one hash brown, mushroom, half
a grilled tomato, baked beans,
toast and butter

VEGETARIAN BREAKFAST (V) £4.00

Two Quorn sausages, two fried
eggs, hash browns, mushroom,
a grilled tomato, baked beans
toast and butter

BREAKFAST BURRITO £3.75

Flour tortilla wrap filled with
sausage, bacon, fried egg
and hash brown

CHORIZO HASH £4.25

Fried potatoes and red onions,
honey & cider-soaked chorizo,
sweet potato and wilted spinach
topped with a fried egg

GUACAMOLE ON FOCACCIA (V) £4.25

Poached egg, avocado, slow-roasted
tomato and guacamole

BACON SANDWICH £3.75

CUMBERLAND SAUSAGE SANDWICH £3.75

Vegetarian option available (V)

SAUSAGE & EGG MUFFIN £3.75

BACON & EGG MUFFIN £3.75

CHILDREN'S BREAKFAST £3.50

One sausage, one rasher of bacon,
one fried egg, baked beans and
a hash brown

AMERICAN-STYLE PANCAKES WITH HONEY (V) £2.75

WITH BACON AND HONEY £3.25

GOLDEN SYRUP FLAVOUR PORRIDGE £3.00

Served with your choice of
honey or jam

On Toast

White tin loaf, thickly sliced
and lightly toasted. Choose from:

SCRAMBLED EGG (V) £3.50

2 FRIED EGGS (V) £3.50

2 POACHED EGGS (V) £3.50

BAKED BEANS (V) £3.50

JAM (V) £1.75

Add some side orders? 75p each

Hash Brown; Mushroom; Sausage; Grilled Tomato; Bacon;
Baked Beans; Egg; Cheese; Toast and Butter

Sandwich & a Drink £3.75

BACON SANDWICH

SAUSAGE & EGG MUFFIN

BACON & EGG MUFFIN

CUMBERLAND SAUSAGE SANDWICH

Vegetarian option available (v)

Served with a hot drink of your choice (see below)

Coffee; Espresso; Pot of Tea; Cappuccino; Hot Chocolate; Latte

Smoothies

BERRY GO ROUND - STRESS-BUSTING

Filled with whole blackberries, raspberries and strawberries, this is blended with apple juice to make our favourite deliciously tart and refreshing berry smoothie - rich in vitamins and antioxidants

MELON REFRESHER - IMMUNE SUPPORT

Deliciously refreshing! Mouth-watering melon, mango and strawberries are blended with apple juice. Loaded with vitamins A, B, C and K, potassium, magnesium anticoagulant and collagen

STRAWBERRY SPLIT - NATURAL ENERGY

Tasty and sweet, this luscious strawberry-banana mix is blended with apple juice - a classic packed full of slow energy release, antioxidants and vitamin C to help to lower your blood pressure and power you through the day

BIG 5 - DETOX

Full of flavour, this has pineapple, mango, kiwi and strawberry blended with apple juice; a great way to cleanse your body; jam-packed full of antioxidants, fuzzy fibre, B-complex vitamins and minerals

PASH N SHOOT - HIGH IN VITAMIN C

This delicious tropical concoction of passion fruit, pineapple and mango is blended with apple juice, containing vitamins A, B and C, plus dietary fibre, medicinal alkaloids and manganese

FRAPPÉS

Already jogged to the pub and deserve something even more indulgent? We also have creamy blended iced drinks. Choose from:

VANILLA, STRAWBERRY, CARAMEL OR ESPRESSO

Hot Drinks

LATTE £2.00

AMERICANO £1.75

CAPPUCCINO £2.00

MOCHA £2.50

ESPRESSO £1.75

DOUBLE ESPRESSO £2.00

POT OF TEA £1.75

EARL GREY £1.75

FLAVOURED TEA £1.75

HOT CHOCOLATE £2.25

DELUXE HOT CHOCOLATE £3.25

Indulgent additions of cream, marshmallow and crumbled flake

(V) = Suitable for vegetarians, however please note that we do not operate a dedicated vegetarian kitchen area. See main menu for full Ts&Cs and allergen guidance.
For full allergen information, please ask a team member.