

# rise & shine >

## FULL ENGLISH

BREAKFAST £6.00

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

## TRADITIONAL

BREAKFAST £4.50

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) £4.25

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 £4.00

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? £1.00 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 £2.25

AMERICANO £2.00

CAPPUCCINO £2.25

MOCHA £2.50

ESPRESSO £1.75

DOUBLE ESPRESSO £2.00

POT OF TEA £2.00

EARL GREY £2.00

FLAVOURED TEA £2.00

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.