

RISE & SHINE

FULL ENGLISH BREAKFAST Two Cumberland sausages, two rashers of bacon, two fried eggs, baked beans, hash browns, mushroom, a grilled tomato, toast and butter	£5.00	HUEVOS RANCHEROS (V) Tortilla topped with guacamole, Mexican-style rice, avocado, cheese and salsa. Served with a fried egg and Tabasco sauce	£3.75
TRADITIONAL BREAKFAST One fried egg, one rasher of bacon, one Cumberland sausage, one hash brown, mushroom, half a grilled tomato, baked beans, toast and butter	£3.50	GUACAMOLE ON FOCACCIA (V) Poached egg, avocado, slow-roasted tomato and guacamole	£3.75
VEGETARIAN BREAKFAST (V) Two Quorn sausages, two fried eggs, hash browns, mushroom, half a grilled tomato, baked beans, toast and butter	£3.50	BACON SANDWICH	£3.25
BREAKFAST BURRITO Flour tortilla wrap filled with sausage, bacon, fried egg and hash brown	£3.25	CUMBERLAND SAUSAGE SANDWICH Vegetarian option available (v)	£3.25
EGGS RAREBIT Our pimped-up Benedict - with poached eggs, bacon and a cheesy rarebit sauce	£3.75	SAUSAGE & EGG MUFFIN	£3.25
CHORIZO HASH Fried potatoes and red onions, honey & cider soaked chorizo, wilted spinach topped with a fried egg	£3.75	BACON & EGG MUFFIN	£3.25
		CHILDREN'S BREAKFAST One sausage, one rasher of bacon, one fried egg, baked beans and a hash brown	£4.00
		AMERICAN-STYLE PANCAKES WITH HONEY (V)	£2.25
		WITH BACON AND HONEY	£2.75
		GOLDEN SYRUP FLAVOUR PORRIDGE Served with your choice of honey or jam	£2.50

ON TOAST

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

SCRAMBLED EGG (V)	£3.00	BAKED BEANS (V)	£3.00
2 FRIED EGGS (V)	£3.00	JAM (V)	£1.50
2 POACHED EGGS (V)	£3.00	MARMITE (V)	£1.50

ADD SOME SIDE ORDERS? 50P EACH

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

SANDWICH & A DRINK

BACON SANDWICH
SAUSAGE & EGG MUFFIN
CUMBERLAND SAUSAGE SANDWICH
Vegetarian option available (v)
BACON & EGG MUFFIN

£3.25

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

HOT DRINKS

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

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

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

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

(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.