

# BREAKFAST

## FULL ENGLISH BREAKFAST

5.00

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

## FULL VEGETARIAN BREAKFAST (V) 5.00

Two Quorn™ sausages, two fried eggs, baked beans, two hash browns, button mushrooms, a grilled tomato and toast with butter

## TRADITIONAL BREAKFAST

3.50

One Cumberland sausage, one rasher of bacon, one fried egg, baked beans, one hash brown, button mushrooms and half a grilled tomato

## TRADITIONAL VEGETARIAN BREAKFAST (V)

3.50

One Quorn™ sausage, one fried egg, baked beans, one hash brown, button mushrooms and half a grilled tomato

## CHORIZO HASH

3.75

Fried baby potatoes and red onion, honey-&-cider-soaked chorizo and wilted baby spinach, topped with a fried egg

## SAUSAGE & EGG MUFFIN

3.25

## DOUBLE SAUSAGE & EGG MUFFIN

3.75

Two sausage patties, cheese, a hash brown and a fried egg, sandwiched in a toasted English muffin

## QUORN™ SAUSAGE & EGG MUFFIN (V)

3.25

## BACON & EGG MUFFIN

3.25

## AMERICAN-STYLE PANCAKES WITH HONEY (V)

2.25

Three American-style pancakes with blossom honey

## AMERICAN-STYLE PANCAKES WITH BACON AND HONEY

2.75

Three American-style pancakes with two rashers of bacon and blossom honey

## AVOCADO ON TOAST (V)

3.75

Crushed avocado and guacamole on toasted sub roll, with poached egg and slow-roasted tomato

**DOUBLE SAUSAGE & EGG MUFFIN, TOPPED WITH A HASH BROWN, WITH YOUR CHOICE OF OJ OR HOT DRINK**

**ONLY 5.00**

**AVAILABLE UNTIL NOON**

**START YOUR DAY WITH A GOOD FILLING BREAKFAST!**

# 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-release energy, 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: **VANILLA, STRAWBERRY, CARAMEL OR ESPRESSO**

# ON TOAST

MORE THAN  
HOT BREAD

WHITE TIN LOAF,  
THICKLY SLICED AND  
LIGHTLY TOASTED

SCRAMBLED EGG (V) 3.00

FRIED EGGS (V) 3.00

POACHED EGGS (V) 3.00

ADD SOME SIDE ORDERS?  
50P EACH

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

BREAKFAST SANDWICHES ALSO AVAILABLE

# HOT DRINKS

LATTE 2.00 POT OF TEA 1.75

AMERICANO 1.75 EARL GREY 1.75

CAPPUCCINO 2.00 FLAVOURED TEA 1.75

MOCHA 2.50 HOT CHOCOLATE 2.25

ESPRESSO 1.75

DOUBLE ESPRESSO 2.00

DELUXE  
HOT CHOCOLATE 3.25  
Indulgent additions of cream,  
marshmallow and crumbled flake

Please note that we do not operate a dedicated vegetarian kitchen area. For full allergen information, please ask a team member. See main menu for full terms and conditions, plus allergen guidance. (V) Suitable for vegetarians.