

Breakfast Menu

Toast with butter & Tiptree jam (strawberry / apricot) 401Kcal (v)	3
Greek yoghurt, granola, seeds and mixed berries 780Kcal (v)	5
Eggs Florentine: poached eggs, sautéed spinach and hollandaise sauce on toasted sourdough 600Kcal (v)	7.5
Eggs Royale: smoked salmon, poached eggs and hollandaise sauce on toasted sourdough 670Kcal (v)	9
Eggs Benedict: Old Mill honey roast ham, poached eggs and hollandaise sauce on toasted sourdough 650Kcal (v)	8.5
Scrambled eggs with smoked salmon 766Kcal	9
Plant based scrambled tofu, wilted spinach and sourdough toast 397Kcal (pb)	8.5
Smashed avocado with cherry tomato and dukkah on toast 769Kcal (pb)	8
Shakshuka baked eggs: tomato, peas, spinach, edamame and feta 905Kcal (v)	8.5
American pancakes with blueberries, raspberries, banana and maple syrup 589Kcal (v)	6.5
American pancakes with bacon and maple syrup 447Kcal	7
American pancakes, hot chocolate sauce, banana & nuts 1170Kcal	8.5
<i>Add an extra pancake 146Kcal 1.5</i>	
Full English: Cumberland sausages, smoked bacon, black pudding, your choice of eggs, roasted mushrooms, tomato and toast 1018Kcal	11
Vegetarian breakfast: vegan sausages, hash brown, spinach, baked beans, your choice of eggs, roasted mushrooms, tomato and toast 771Kcal	11
Vegan breakfast: scrambled tofu, miso aubergine, smokey bean stew, watercress and sourdough 816Kcal	13.5
Add extra baked beans 65Kcal (pb) (gif) tomato 18Kcal (pb) (gif) hash browns 196Kcal (pb) (gif) mushroom 96Kcal (pb) (gif) egg 90Kcal (gif) toast 206Kcal (pb)	1
Add extra smashed avocado 80Kcal (pb) (gif) bacon 215Kcal (gif) black pudding 142Kcal Cumberland sausage 229Kcal vegan sausage 175Kcal (pb)	3
Add extra halloumi 180Kcal (gif) 5 Add extra smoked salmon 109Kcal (gif) 5.5	

V (vegetarian) PB (plant based) GIF (gluten ingredients free)

Adults need around 2000Kcal a day. If you have specific dietary requirements or require allergy information, please ask. Please be aware that food containing allergens is prepared and cooked in our kitchen.