

# BREAKFAST MON-SAT 9AM-12 NOON | 10AM-2PM SUNDAY

## THE FULL GROWLER £7.95

Sausage, Bacon, Black Pudding, Tomato, Mushrooms, Baked Beans, Potato Scone, Hash Brown with choice of Toast and Egg

## THE HALF GROWLER £5.95

Sausage, Bacon, Potato Scone, Tomato, with choice of Toast and Egg

## THE VEGETARIAN £5.95

Tomato, Mushrooms, Baked Beans, Potato Scone, Hash Brown with choice of Toast and Egg

## FRENCH TOAST £5.95 / WITH BACON £7.95

French Toast with a Side of Maple Syrup.

Add Bacon £2 or Smoked Salmon for £2.95

## 3 WHOLE EGG/EGG WHITE OMELETTES £4.50

Served with Rye or Sourdough Bread

Choose from: Broccoli £5.25 (VEG) | Banana £5.50 (VEG) | Bacon £5.95

WE HAVE A KITCHEN FULL OF INGREDIENTS YOU CAN ADD TO YOUR OMELETTE, MAKE YOUR OWN IF YOU LIKE AND ASK FOR A PRICE. INCLUDING LOBSTER!

## SMASHED AVOCADO £4.95 (VEG)

Add Bacon £2 or Smoked Salmon for £2.95

Rye or Sourdough Bread, Squeezed Lime, Crème Fraîché, Lightly Poached Eggs Sliced Tomato with Cucumber and Caper Salsa

## EGGS FLORENTINE £4.50 (VEG)

Rye or Sour Dough Toast with Wilted Spinach, Poached Eggs, Topped with Hollandaise

## EGGS BENEDICT £5.50 (VEG)

Rye or Sour Dough Toast with Wilted Spinach, Bacon, Poached Eggs, Topped with Hollandaise

## EGGS ROYALE £6.50 (VEG)

Rye or Sour Dough Toast with Wilted Spinach, Smoked Salmon, Poached Eggs, Topped with Hollandaise

## SWEET POTATO HASH £4.95 (VEG)

Grated Sweet Potato Patty with Poached Eggs and Wilted Kale

## EGGS ON TOAST £3.95 (VEG)

Your choice of Rye or Sourdough Toast with either Poached, Fried or Scrambled Egg

Add Bacon £2, Baked Beans £1.25,

Avocado £1.50, Smoked Salmon £2.95

## HOMEMADE GRANOLA £3.95 (GF) (VEG)

Toasted Coconut, Greek Yoghurt and Fresh Wild Berries, Banana, Maple Syrup or Honey

## BANANA & BLUEBERRY BOWL £4.95 (VEG)

Fresh Fruit, Nuts, Granola and Toasted Coconut, Chia Seeds

## PANCAKES OR WAFFLES STACK £4.95

Choose from with Buttermilk or Blueberry and Banana

Or ADD £2 for Gym Junky Protein

Choose from: Fried Chicken and Tabasco Maple (£2 supp)

Banana Bacon Maple (£2 supp)

Strawberries, Blueberries & Chantilly Cream

Top with Honey Or Maple syrup

Chocolate Sauce Or Salted Caramel Sauce

## BAGEL SELECTION

TOASTED WHOLEGRAIN BAGEL WITH YOUR CHOICE OF FILLING

## NEW YORK B.E.C. £4.50

Crispy Ayrshire Bacon, Broken Egg & Grilled Cheese

## AVO-CUDDLE! £4.50

Ayrshire Bacon, Sliced Tomato, Avocado & Mayo

## NO WAY £4.95

Ayrshire Bacon, Stornoway Black Pudding & Poached Egg

## FILLED ROLLS

CHOOSE A FRESH ROLL AND ADD ANY OF THE FOLLOWING:

### PORK SLICE SAUSAGE

### RASHERS OF BACON

### POTATO SCONE

### CHOICE OF EGG

(Poached, Fried or Scrambled)

1 FILLING £2.25

2 FILLINGS £2.95

3 FILLINGS £3.50

## TOASTED GRILLED CHEESE SANDWICHES

ON EITHER RYE OR SOURDOUGH BREAD

PLAIN OLD GRILLED CHEESE WITH A SIDE OF PICKLE £3.95

WITH TOMATO & AVOCADO £4.50

WITH BACON & TOMATO £4.50

## MORNING OFFERS

ANY COFFEE/BREAKFAST TEA £2 (TAKEAWAY FOR A £1!)

ANY COFFEE/BREAKFAST TEA & TODAY'S HOUSE CAKE £2.50

ANY COFFEE/BREAKFAST TEA & BACON/EGG MORNING ROLL/BAGEL £3.50

SERVED 7 DAYS TILL 12 NOON

### REFRESHERS & ICE TEAS ALL £3.50

#### **POM BOMB**

Pomegranate Watermelon and Fresh Lime

#### **BRUCE TEA**

Chai Tea Lemon Juice and Apple Juice

#### **PEACHY KEEN**

Peach Tea, Honey and Lemonade

#### **THE GREEN EMPEROR**

Matcha Green Tea, Lemon Juice and Apple Juice

#### **FLOWER POWER**

Hibiscus, Rose Cucumber

#### **PURE MINTED GINGER**

Grapefruit Ginger Fresh Mint Lime Juice

#### **KOMBACHA**

Probiotic Sparkling Fermented Tea

Original Oak, Watermelon and Mint **or** Ginger Pear

#### **FLAVOURED ICED GREEN TEA**

Shaken and Poured over Ice then Garnished.

Ask your Server for Available Flavours

### SMOOTHIES £3.75

#### **GLOW**

Strawberry, Raspberry, Blueberry, Apple and Banana

#### **TROPICAL**

Kale, Coconut, Banana, Pineapple, Lemon, Ginger, Honey

#### **BERRY BERRY**

Mixed Berries, Apple Juice, Banana, and Yoghurt

#### **STRAWBERRY LUSH**

Strawberries, Banana, Apple Juice, and Yoghurt

### PROTEIN SHAKES £3.95

#### **CHOCOLATE, PEANUT BUTTER & BANANA**

Chocolate Protein Powder, Cocoa Powder, Banana, Spinach and Peanut Butter

#### **BLUEBERRY BREAKFAST**

Milk, Blueberries, Banana, Protein Powder, Walnuts, Oats and Chia Seeds

#### **MANGO TANGO**

Protein Powder, Mango, Walnuts and Orange Juice

AVAILABLE TILL 3PM