

# B R E A K F A S T



7 DAYS TILL 2PM

## THE FULL GROWLER £8.95

Sausage, Bacon, Black Pudding, Tomato, Mushrooms, Baked Beans, Potato Scone, Hash Brown with choice of Toast and 2 Eggs

## THE HALF GROWLER £6.95

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

## THE VEGETARIAN £6.95

Tomato, Mushrooms, Baked Beans, Potato Scone, Hash Brown with choice of Toast and 2 Eggs

## FRENCH TOAST £5.95

French Toast with a Side of Maple Syrup. **Add Bacon £2 or Smoked Salmon for £2.95**

## SMASHED AVOCADO £4.95 **Add Bacon £2 or Smoked Salmon for £2.95**

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

## 3 WHOLE EGG/EGG WHITE OMELETTES £4.95 Served on Wholemeal Bread

Choose from:

Broccoli, Feta) | Spinach | Pancetta & Cheese | Banana & Blueberry

## EGGS BENEDICT £4.95

**Add Bacon £2 | Smoked Salmon £2.95**

Toasted Wholemeal or Sourdough Bread, Wilted Spinach and Hollandaise

## EGGS ON TOAST £3.95

Wholemeal or Sourdough Toast with either Poached, Fried or Scrambled Egg

**Add Bacon £2, Baked Beans £1.25, Avocado £1.50, Smoked Salmon £2.95**

## SWEET POTATO HASH £4.95

Grated Sweet Potato Patty with Poached Eggs and Hollandaise

## PORRIDGE OATS WITH FRESH FRUIT £3.95

Served with your choice of milk

## HOMEMADE GRANOLA £3.95

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

## BANANA & BLUEBERRY BOWL £4.95

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. £5

Crispy Ayrshire Bacon,  
Broken Egg & Grilled Cheese

### AVO-CUDDLE! £5

Ayrshire Bacon, Sliced  
Tomato, Avocado & Mayo

### NO WAY £5

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 WHOLEMEAL OR  
SOURDOUGH BREAD

PLAIN OLD GRILLED CHEESE WITH  
A SIDE OF PICKLE £4.50

WITH TOMATO & AVOCADO £4.95

WITH BACON & TOMATO £4.95

## ALLERGIES

Vegetarian, Vegan & Gluten Free. We can tailor most dishes to your requirements. Please ask your server for details. They may take a little longer but we'll do our best. Consuming raw meats, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Customer Satisfaction is very important to us, if you would like information regarding potential allergens within our dishes please ask staff for information.

## MORNING OFFERS

ANY COFFEE/BREAKFAST TEA £2

ANY COFFEE/BREAKFAST TEA & TODAY'S HOUSE CAKE £3

ANY COFFEE/BREAKFAST TEA & MORNING ROLL/BAGEL (1 FILLING) £4

SERVED 7 DAYS TILL 12 NOON

## KIDS CORNER

BEANS & TOAST £4.50

OMELETTE £3.95 (Plain, Cheese or Ham)

SMALL PLATE - 3 ITEMS £4.50 | BIG PLATE - 5 ITEMS £6.50

(Both served with toast)

(Choose from the following Egg of your choice, Beans, Slice Sausage, Bacon, Hash Brown, Black Pudding, Avocado, Potato Scone and Tomato)

KIDS PANCAKES / KIDS WAFFLES £4.50

2 Small Pancakes / Waffles served with Syrup or Chocolate Sauce or add Fruit ( Strawberries, Banana, Blueberries) or Nutella



## SMOOTHIES £4.25

### 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 £4.25

### CHOCOLATE, PEANUT BUTTER & BANANA

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

### BLUEBERRY BREAKFAST

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

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