

# BREAKFAST MON-FRI 9AM-NOON | SAT 9AM-2PM | SUN 10AM-2PM

## THE FULL GROWLER £7.95

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

## 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 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 (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

## 3 WHOLE EGG/EGG WHITE OMELETTES £4.95

Served on Rye or Sourdough Bread

Choose from:

Spinach, Cherry Tomato & Dill (VEG) | Broccoli, Feta (VEG)

Chorizo & Goat's Cheese | Pancetta & Wild Mushroom |

Banana & Blueberry (VEG)

## EGGS BENEDICT £4.95 (VEG)

Add Wild Mushroom, Bacon £2 | Smoked Salmon £2.95

Toasted Sourdough or Rye Bread, Wilted Spinach and Hollandaise

## 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

## SWEET POTATO HASH £4.95 (VEG)

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 (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 (VEG)

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 £1.95)

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

ANY COFFEE/BREAKFAST TEA & MORNING ROLL/BAGEL (1 FILLING) £3.50

SERVED 7 DAYS TILL 12 NOON

## KIDS CORNER

BEANS & TOAST £3.95

OMELETTE £3.95

(Plain, Cheese or Ham)

SMALL PLATE - 3 ITEMS £3.95 | BIG PLATE - 5 ITEMS £5.95

(Both served with toast)

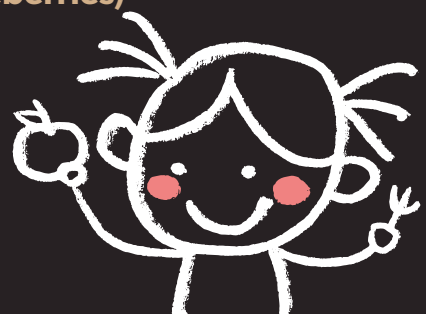
(Choose from the following" Egg of your choice, Beans, Slice Sausage, Bacon, Hash Brown, Black Pudding, Avocado, Potato Scone and Tomato)

KIDS PANCAKES / KIDS WAFFLES £3.95

2 Small Pancakes / Waffles served with Syrup or Chocolate Sauce

or add Fruit ( Strawberries, Banana, Blueberries)

or Nutella



## 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