

B R E A K F A S T



THE FULL GROWLER £9.95

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

THE HALF GROWLER £7.95

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

THE VEGETARIAN £7.95

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

FRENCH TOAST £6.95

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

SMASHED AVOCADO & EGGS £6.95 **Add Bacon £2 or Smoked Salmon for £2.95**

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

3 WHOLE EGGS/EGG WHITES OMELETTES £5.95 Choose from Plain or Wholemeal Bread **Add: Broccoli or Spinach or Cheese or Mushroom or Banana or Peppers for £1.25 each | Ham or Bacon £2 each | Smoked Salmon £2.95**

EGGS BENEDICT £6.95

Add Bacon £2 | Smoked Salmon £2.95

Toasted Wholemeal or Sourdough Bread, Wilted Spinach and Hollandaise

EGGS ON TOAST £5.95

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

SWEET POTATO HASH £6.95

Grated Sweet Potato Patty with Poached Eggs and Hollandaise

PORRIDGE OATS £3.50

Plain made with your choice of milk

Add Fresh fruits £2.50 | Nutella & peanut butter £1.50 | Greek Yoghurt £1.50

Ask for Maple Syrup, Honey or Salted Caramel Sauce | Biscoff, Banana & crumbs £2, | Nutella and Peanut Butter £1.75 |

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 £6.95

Choose from buttermilk, banana & blueberry, Whey or Pea protein (£2 sup)

Choose from:

Fresh mixed Berries & Cream | Banana & Bacon (**£2 sup**) | Southern Fried Chicken &

Tabasco Maple (**£2 sup**) | Peanut Butter & Blueberry | Glazed Pear & Mascarpone (**£2 sup**)

| Nutella, Mascarpone and Chocolate Chips | Biscoff, Crumbs and banana (**£2 Supp**)

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 £2.75

2 FILLINGS £3.50

3 FILLINGS £3.95

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/ COVID-19

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. Please social distance and wash your hands regularly. you may chose to wear a facemask. if unsure please ask your server for our policy.

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 £4.50

GLOW

Strawberry, Raspberry, Blueberry, Apple and Banana

BERRY BERRY

Mixed Berries, Apple Juice, Banana, and Yoghurt

STRAWBERRY LUSH

Strawberries, Banana, Apple Juice, and Yoghurt

PROTEIN SHAKES

MADE WITH YOUR CHOICE OF MILK OR WATER

GYM £3.95

2 scoops whey/Pea Protein

Or add.. Banana, Strawberry, Blueberry, Peanut butter,
Oats Or Chia seeds

£1 each

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