

# Breakfast



## Toasted sandwiches 6.10

with any two items of your choice

Additional breakfast item 1.50

Plant-based sausage 237 kcal, per 100g 

Mushroom kcal 13 

Tomato kcal 16 

Baked beans kcal 83 per 100g 

Hash brown kcal 171 

Fried egg kcal 74

Cumberland sausage 336 kcal per 100g

Black pudding 121 kcal per 100g

Sweet cured bacon kcal 135 per 100g

## The Full English 12.50

Sweet-cured bacon, Cumberland sausage, hash brown, black pudding, roasted Portobello mushroom, roasted plum tomatoes, baked beans, free-range eggs

1239 kcal

Please ask a member of staff for allergen information

This logo  represents our commitment to fresh, sustainable, plant-based cuisine.

NGCI - Non gluten containing ingredients

Reference daily intake for an average adult is around 2,000 calories

# Create your own



Meat and Fish 16.25      Plant-based 15.25

## Step 1: Pick your base

Harissa baked sweet potato 250 kcal NGCI 

Quinoa and edamame 290 kcal NGCI 

Heritage grains 240 kcal 

Baked rosemary and garlic potato wedges 260 kcal NGCI 

## Step 2: Pick your main

Red Thai chickpea and spinach curry 340 kcal NGCI 

Fish of the day, lemon and parsley oil 320 kcal NGCI

Lemon and thyme roasted chicken 350 kcal NGCI

## Step 3: Pick two sides

Roast squash, whipped miso tofu 280 kcal 

Cumin, coriander and orange roasted carrots 140kcal NGCI 

Chilli and lemon roasted broccoli 110kcal NGCI 

Charred leeks and toasted seeds 170kcal NGCI 

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