



SERVED FROM 8.30AM TILL 11.30AM

*we use free range eggs
and prime smoked back bacon*

BREAKFAST GRILL PLATTER

large 9.95 small 7.95

eggs, crispy bacon, sausage, grilled tomato, sautéed mushrooms, toast, orange juice

BREAKFAST MUFFIN

7.50

fried egg, bacon, sausage and tomato

HOT BACON MUFFIN

4.95

HOT SAUSAGE MUFFIN

5.95

EGGS RANCHEROS

8.95

griddled eggs on a hot tortilla, peppers, tomatoes & onions

try with chorizo

9.95

EGGS BENEDICT

8.25

poached eggs, ham and tomato on a soft muffin hollandaise sauce

EGGS ROYALE

9.50

poached eggs, smoked salmon, asparagus, on a soft muffin hollandaise sauce

EGGS FLORENTINE

7.95

poached eggs, spinach on a soft muffin with hollandaise & cheese gratin

CRUMPETS

2.95

TOASTED TEACAKE

2.95

WARM BUTTER CROISSANT

2.95

A BOWL OF FRESH FRUIT,

NATURAL YOGHURT & MUESLI 4.25

A BOWL OF HOT PORRIDGE

3.95

maple syrup or fresh fruit

CRUSHED AVOCADO

7.50

with chilli & lime on toasted sourdough

try with poached egg & crispy bacon

9.50

or even cherry tomatoes, basil & extra virgin olive oil

8.50

GRILLED MANX KIPPERS

6.50

buttered brown bread

AMERICAN STYLE PANCAKES

maple syrup & crispy bacon

7.95

fruit compote & whipped cream

6.95

SCRAMBLED EGGS

6.50

on toasted sourdough

BREAKFAST EXTRAS

TOAST

2.00

BAKED BEANS

2.00

BLACK PUDDING

2.00

HASH BROWNS

2.00

WILKINS OF TIPTREE JAM

.75

NETHEREND FARM

SALTED BUTTER .25

cafe

COFFEE, TEA & HOT CHOCOLATE

CAPPUCCINO 3.00
espresso with steamed milk & froth

ESPRESSO 2.00
strong, short, black coffee

AMERICANO 3.00

CAFFE LATTE 3.00
long steamed milk coffee with espresso & a touch of froth

ICED CAFFE LATTE 3.25

FLAT WHITE 3.00
half coffee half steamed milk

MOCHA 3.40
long hot chocolate & coffee

HOT CHOCOLATE 3.20
rich, milky chocolate drink - add syrup, marshmallows & whipped cream 30p each

TEA

english breakfast tea 2.00
herb & fruit tea 2.50
earl grey 2.50

ICE CREAM MILKSHAKE 4.00

banana, coffee, chocolate & strawberry mocha & mint choc chip

OAT, ALMOND & SOYA MILK AVAILABLE

COFFEE SYRUPS 50p

hazelnut, caramel, gingerbread or vanilla

SMOOTHIES

BERRY BOOST

4.50

raspberries, blueberries, banana apple, flax seeds

Benefits

high in omega 3 fats, loaded with nutrients, improve cholesterol lower blood pressure

TOTALLY TROPICAL

4.50

Passion fruit, pineapple, mango, orange, baobab seeds

Benefits

high in vitamins, aid weight loss with a feeling of fullness, high in fibre

GOING GREEN

4.50

Kale spinach mango apple

Benefits

improve digestive health contains antioxidants fibre vitamin C & K, contains iron