



Served from 8.30am till 11.30am

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

The Zest grill platter 13

two griddled eggs, two rashers of crispy bacon, own recipe Cumberland sausage, hash brown, grilled plum tomato & field mushrooms
Toast & a glass of orange juice

Mini grill platter 10

griddled egg, bacon, sausage, tomato, mushroom, toast, hash brown & a glass of orange juice

Hot bacon muffin 6.5

Hot sausage muffin 7.5

Eggs rancheros 11

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

Chorizo rancheros 13

Eggs benedict 11

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

Eggs royale 12

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

Crumpets 3.75

with fresh berries

Toasted Panettone 4.25

Italian fruit loaf & fresh berries

Warm butter croissant 3.75

served hot with fresh berries

Pain au chocolat 3.75

served hot with fresh berries

Berry boost 6.5

raspberries, blueberries, banana, apple, flax seeds

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

A bowl of hot porridge 7

maple syrup & fresh berries

Crushed avocado 8

with chilli, lime & spring onions
toasted sourdough

poached egg & crispy bacon 12

cherry tomatoes, basil & extra virgin olive oil 11

Grilled Manx kippers 8

buttered brown bread

American style pancakes 10

maple syrup & crispy bacon
fruit compote & whipped cream 9

Scrambled eggs 8.5

hot toast

Brunch burger 15

100% pure beef homemade pattie topped with crispy bacon and egg in a crystal sourdough bun with side hash browns

A bowl of fresh fruit

Natural yoghurt & muesli 8

BREAKFAST EXTRAS

Toast 2.50

Baked beans 2.50

Black pudding slice 1.25

Hash brown slice 1.25

Wilkins of Tiptree mini jars 1

jam, honey, marmalade, ketchup, brown sauce,

Netherend farm salted butter .25

SMOOTHIES

Totally Tropical 6.5

Passion fruit, pineapple, mango, orange, baobab seeds

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

caffe

coffee, tea & hot chocolate

Cappuccino 3.7

espresso with steamed milk & froth

Espresso 2.5

strong, short, black coffee

Americano 3.6

double shot long black coffee

Cortado 3.5

double shot coffee, frothy milk top

Caffe latte 3.7

long steamed milk & espresso shot

Iced caffe latte 4.2

Flat white 3.7

half coffee, half steamed milk

Mocha 4

long hot chocolate & coffee drink

Hot chocolate 3.9

rich, milky chocolate drink - add syrup, marshmallows & whipped cream 50p each

Tea

english breakfast tea 2.5

herb & fruit tea 2.8

earl grey 28

Ice cream milkshake 6

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

Oat, almond, soya, coconut milk available .5

Coffee syrups .5

hazelnut, caramel, gingerbread or vanilla

Going green 6.5

Kale, spinach, mango, apple,

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

Please note a discretionary 10% service charge will be added to your bill

In accordance with Food Standards Agency Regulations
FOOD ALLERGY Please advise if you have an allergy to any foods.
We can provide you with a list of any allergens in the dish you choose to ensure a safe eating experience.



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