

LA COLAZIONE



Served from 8.30am till 11.30am

we use free range eggs and prime smoked back bacon

The Zest grill platter 13.5	A bowl of hot porridge 9
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	maple syrup & fresh berries
Mini grill platter 11	Crushed avocado 9
griddled egg, bacon, sausage, tomato, mushroom, toast, hash brown & a glass of orange juice	with chilli, lime & spring onions toasted sourdough + poached eggs & crispy bacon 13 + cherry tomatoes, basil & extra virgin olive oil 12
Hot bacon muffin 7	A pair of grilled Manx kippers 12
Hot sausage muffin 7.95	brown bread
Eggs rancheros 12	American style pancakes 10
griddled eggs on a hot tortilla, peppers, tomatoes, onions, garlic & chilli	maple syrup & crispy bacon 10 fruit compote & whipped cream 9
Chorizo rancheros 13.5	Scrambled eggs 8.95
Eggs benedict 11.5	hot toast
poached eggs, ham and tomato on a soft muffin hollandaise sauce	Scrambled eggs 'verde' 10.5
Eggs royale 12.5	chopped spinach, asparagus & spring onions with hot toast
poached eggs, smoked salmon, asparagus, on a soft muffin hollandaise sauce	Hot melted cheese & ham croissant 8
Crumpets 4.25	Smoked salmon & cream cheese 10
with fresh berries	on toasted sourdough
Toasted Panettone 4.75	A bowl of fresh fruit 9
Italian fruit loaf & fresh berries	Natural yoghurt & muesli 9
Warm butter croissant 3.95	
served hot with fresh berries	
Pain au chocolat 3.95	
served hot with fresh berries	

BREAKFAST EXTRAS

Toast	2.50
Baked beans	2.50
Black pudding slice	1.25
Hash brown slice	1.25

SMOOTHIES

Berry boost 7	Totally Tropical 7	Going green 7
raspberries, blueberries, banana, apple, flax seeds Benefits high in omega 3 fats, loaded with nutrients, improve cholesterol lower blood pressure	Passion fruit, pineapple, mango, orange, baobab seeds Benefits high in vitamins, aid weight loss with a feeling of fullness, high in fibre	Kale, spinach, mango, apple, Benefits improve digestive health contains antioxidants fibre vitamin C & K, contains iron

caffè coffee, tea & hot chocolate

Cappuccino 3.9
espresso with steamed milk & froth
Espresso 2.65
strong, short, black coffee
Americano 3.7
double shot long black coffee
Cortado 3.7
double shot coffee, frothy milk top
Caffe latte 3.9
long steamed milk & espresso shot
Iced caffe latte 4.5
Homemade peach & lemon iced tea 4.5
Flat white 3.9
half coffee, half steamed milk
Mocha 4.2
long hot chocolate & coffee drink
Hot chocolate 5
rich, milky chocolate drink - add syrup, marshmallows & whipped cream 50p each
Tea
english breakfast tea 2.75
herb & fruit tea 2.95
earl grey 2.95
Ice cream milkshake 6.5
banana, vanilla, chocolate & strawberry
Oat, almond, soya, coconut milk available 50p
Coffee syrups 50p
hazelnut, caramel, gingerbread or vanilla

Please note a 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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