Brunch

CLASSIC BRUNCH MENU

Homemade Banana Pancakes with Berries & Maple Syrup 7

Smashed Avocado on Sourdough or Rye Bread with Poached Eggs or Bacon or Feta 8

> Beaufort Bagel with Avocado, Smoked Salmon & Cream Cheese 8

Broccoli & Almond Bread with Sweet Potato Houmous & Poached Eggs (v) (gf) 8.5

Ham & Cheese Omelette 7.5

Eggs Benedict/Royale 8.5/9

Scrambled on Toast Toasted Wholemeal Bread, Scrambled Eggs, Bacon & Chives**8**

Eggs Beaufort Poached Eggs, Grilled Halloumi, Sweet Potato & Hollandaise Sauce (v) 8.5

> Salmon & Scrambled Loch Fyne Smoked Salmon & Scrambled Eggs 9.5

Blueberry Breakfast Bowl Blueberries, Banana, Strawberries, Granola & Coconut (v) 6.5

> Dairy Free Yoghurt with Fresh Fruit, Roasted Nuts & Honey (v) (gf) 7

Beaufort Healthy Start Breakfast

Chicken or Salmon with Poached Eggs, Chilli & Avocado, Spinach, Quinoa & a slice of Sourdough Toast **10**

All our eggs are free range from the award-winning Hoad's Farm

STARTERS

Soup of the Day Crusty Bread (v) 7 Salmon Tartare Wasabi Mayonnaise & Music Bread8 Norfolk Crab Crushed Avocado & Grapefruit Tango 9.5 Pan Fried Scallops Broad Beans & Chorizo 12 Honey Glazed Baked Goats Cheese Braised Squash, Beetroot & Pomegranate (v) 9.5 Buffalo Mozzarella Heritage Tomato, Grilled Sourdough & Pesto (v) 9.5

SALADS

Mixed Quinoa Broccoli, Green Beans, Butternut Squash, Chilli, Cucumber & Avocado (v) (gf)11.5 (add in Grilled Chicken – 4) Spring Green Salad & Parmesan Green Asparagus, Courgette, Peas, Broad Beans & Lemon Dressing (v) (gf) 11 (add in Grilled Chicken – 4) Grilled Halloumi Grilled Courgette, Red Onion & Grilled Red Pepper (v) 12

MAINS

Gnocchi Primavera Green Asparagus, Peas, Broccoli, Cherry Tomatoes, & Parmesan (v) 12.5
Beaufort Burger – Beef/Chicken Cheddar, Toasted Brioche, Sweet Chilli Jam & Fries 15
(Please note that we only serve our beef burgers medium or well done)
Grilled Tuna Cherry Tomatoes, Capers & Courgettes 15.5
Oven Baked Corn Fed Chicken Breast Fennel, Carrots, Hispy Cabbage & Morrel Sauce 17
Linguine with Lobster Cherry Tomatoes, Chilli & Parsley 16.5
Roasted Cod Puy Lentilles, Spring Onion & Chorizo 17
Salmon Poke Bowl Ponzu Sauce, Marinated Salmon, Edamame, Radish, Cucumber, Avocado & Rice 9/15
Rack of Lamb Girolles, Golden Beets, Spinach& Gratin Dauphinoise (gf) 24

STEAKS

Ribeye (220gms) 21 Sirloin (200gms) 25 Fillet (220gms) 29 Béarnaise Sauce - Peppercorn Sauce - 2.5

SIDES

All 4

French Fries (vg) (gf) Sweet Potato Fries (vg) (gf) Chargrilled Broccoli (vg) (gf) Roast Honey Carrots (vg) (gf) Spinach (vg) (gf) Truffle Mash (vg) (gf)

JUICES & SMOOTHIES

Juices 4

 $\begin{array}{l} \mbox{Apple} \cdot \mbox{Carrot} \cdot \mbox{Coconut Water} \\ \mbox{Grapefruit} \cdot \mbox{Orange} \cdot \mbox{Pear} \cdot \mbox{Pineapple} \end{array}$

Smoothies 7

Morning Fuel · Green Glow · Energy Boost Mango-a-go-go · Vitality · Lean Machine Hot Shot (3)

Food Allergies and Intolerances: Some of our menu items contain allergens and there is a small risk that traces of these may be in any other dish served here. Please ask to speak to our staff if you want to know more about our ingredients. *Please note there will be a discretionary service charge of 12.5% added to the bill*