

## Breakfast

If you have any special dietary requests please let us know, if we can change something to suit you we will.

### Light Starts

#### Porridge

£1.95

#### Toast

£1.30

### Muffins & Toasties

#### House Bacon Toastie

£4.25

#### Bacon & Egg Muffin

£3.50

#### House Mushroom Toastie

£3.95

#### Sausage & Egg Muffin

£3.50

#### Simply Bacon Toastie

£4.25

#### Salmon & Egg Muffin

£3.95

#### Simply Sausage Toastie

£3.95

#### Mushroom & Egg Muffin

£3.25

### Breakfast Boxes & Pots

#### Chorizo & Avocado Poached Egg Pot

£4.50

#### The Veggie Breakfast Box

£5.50

**Smoked Salmon & Avocado  
Poached Egg Pot**

**£4.75**

**Poached Eggs on Toast**

**£3.95**

**Mushroom, Tomato & Avocado  
Poached Egg Pot**

**£4.50**

**Chorizo Eggs on Toast**

**£4.95**

**Sausage & Beans Poached Egg  
Pot**

**£4.50**

**Salmon Eggs on Toast**

**£5.25**

**The Full English Breakfast Box**

**£5.95**

**Cold**

**SF Nutrition Chia Chocolate  
Protein Pot**

**£1.95**

**Overnight Oats: Raspberry &  
Apple Pot**

**£2.25**

**SF Nutrition Chia Vanilla Protein  
Pot**

**£1.95**

**Coconut Mocha Overnight Oats**

**£2.25**

**SF Nutrition Chia Vanilla &  
Chocolate Protein Pot**

**£1.95**

**House Breakfast Bowl**

**£3.75**

**SF Nutrition Vanilla & Chocolate  
Protein Oats**

**£3.25**

**Mango Yogurt**

**£2.25**

**SF Nutrition Chocolate Protein Oats**

**£3.25**

**Egg & Spinach Pot**

**£1.95**

**SF Nutrition Vanilla Protein Oats**

**£3.25**

**Smoked Salmon & Egg Pot**

**£2.50**

**Bircher**

**£2.25**

**Salmon, Avocado & Egg Pot**

**£2.95**

**Apple & Berry Cobbler**

**£2.25**

**Pastries**

**Croissant**

**£1.75**

**Pain aux Raisins**

**£1.95**

**Pain au Chocolat**

**£1.95**

**Chocolate Twist**

**£2.25**