

Breakfast Menu

Served from 9am - 11.30am



South Deep Breakfast

Full English Breakfast. Two bacon rashers, two chipolata sausages, grilled tomato, mushrooms, a choice of fried, scrambled or poached eggs & two pieces of toast. **£9.90/ half portion £7.90**

Eggy Bread & Bacon. Served with roquette salad & maple syrup. **£8.90**

Eggy Bread. (V) Served with fresh fruit & maple syrup. **£8.50**

Bacon, Eggs & Toast. Served with two pieces of bacon, roquette salad, grilled tomato, a piece of toast & a choice of fried, scrambled or poached eggs. **£8.50**

Bacon or Sausage Bap. £5.90
Add a fried egg. **£7.50**

Fancy some extras? Two Bacon Rashers, Two Sausages, Smoked Salmon, Two Eggs (fried, scrambled or poached), Tomatoes, Mushrooms, Avocado. **£2.90 each**

Fruit Salad. Served with a strawberry coulis. **£3.90**
or a pot of strawberries (subject to availability). **£4.90**

Yoghurt & Roasted Muesli. Served with a fresh fruit salad. **£4.90**
or strawberries (subject to availability). **£5.90**

Child's Platter. Cucumber sticks, carrot sticks, yoghurt, fruit and a choice of half a piece of toast or a ham or cheese sandwich. **£5.50**

Orange Juice. Freshly squeezed (175ml). **£3.90**

Innocent Orange juice (half pint). **£2.90**

Passion Storm. Passion fruit, papaya, pineapple, peach, guava and aloe vera. **£3.90**

Raspberry Heaven. Raspberry, blueberry, apple and mango. **£3.90**

Coconut Crush. Coconut milk, pineapple and yoghurt. **£3.90**

Berry Protein. Strawberry, blueberry, raspberry, grape, banana with whey & pea protein. **£3.90**

Banana Bee. Banana, pear, honey and milk. **£3.90**

Smoked Salmon. Served with scrambled eggs, grilled tomato, roquette salad & toast. **£9.90**

Salmon Benedict. Served on grilled brioche with two poached eggs, smoked salmon, hollandaise sauce & grilled tomato. **£9.90**

Eggs & Toast. (V) Served roquette salad, grilled tomato, a piece of toast & a choice of fried, scrambled or poached eggs. **£6.90**

Eggs Benedict. (V) Served on grilled brioche with two poached eggs, hollandaise sauce & grilled tomato. **£8.50**

Avocado & Eggs. (V) Served with poached eggs on a piece of grilled brioche bread & grilled tomato. **£7.90**

Lighter Breakfast

Toasted Teacake. Served with jam & butter. **£3.50**

Toast. Served with jam or marmalade & butter. **£2.50**

Croissant. Served with jam & butter. **£3.50**

Smoothies, Juices

Purple Power. Blueberry, banana, strawberry, apple, cocoa, quinoa, oats and honey. **£3.90**

Strawberry Fantasy. Strawberry and banana. **£3.90**

Super Green. Spinach, avocado, apple, lime, basil and spirulina. **£3.90**

Carrot Boost. Carrot, goji berry juice, pineapple and papaya. **£3.90**

Green Goodness. Spinach, banana, apple, lime, mango, Matcha green tea, pumpkin seeds, oats and honey. **£3.90**