

BREAKFAST MENU

Served from 9am - 11.30am

South Deep Breakfast

Full English Breakfast. Two bacon rashers, two chipolata sausages, grilled tomato, mushrooms, baked beans, a choice of fried, scrambled or poached eggs & two pieces of toast. **£10.40 / half portion £8.00**

Eggy Bread & Bacon. Served with roquette salad & maple syrup. **£9.50**

Eggy Bread. (V) Served with fresh fruit & maple syrup. **£8.90**

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. £6.50
Add a fried egg. **£7.90**

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

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**

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

Lighter Breakfast

Fruit Salad. Served with a strawberry coulis & fresh strawberries. **£4.90**

Yoghurt & Roasted Muesli. Served with strawberries & a fresh fruit salad. **£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**

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

Toast. Served with jam or marmalade & butter. **£2.90**

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

Smoothies, Juices

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

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

Mango Dream. The classic combination of Mango & Pear is probably our most refreshing. **£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**

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**

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

Please note that all our dishes are freshly made to order, there may be a slight wait during busier periods.
Due to high volume of orders, please note dishes are made as described on the menu, no item substitutions.
Allergen data is held on each of our dish ingredients, so please ask your server in the restaurant should you require any further information.