

## **BREAKFAST MENU**

Continental breakfast 26

*Your selection of coffee or tea, fresh juices, pastries selection, choice of toast, fruit salad and yoghurt*

Full breakfast 32

*Continental buffet and a choice of one of the A la carte or vegan dishes*

Freshly baked French pastries selection 12

### **A LA CARTE**

*Two free - range eggs any style*

*Served with your choice, bacon, sausage, black pudding, baked beans, mushroom, tomato 19*

Eggs Benedict, Royale or Florentine 16/19

Omelette or egg white omelette, brown toast 16

*Ham, cheese, tomato, pepper, mushroom*

Two free-range eggs from Trealy Farm cooked to your liking, brown toast 11

Sussex smoked salmon with scrambled eggs on sourdough 19

Grilled kippers, mustard & lemon butter, poached egg, brown toast 19

Mixed berries on toasted sourdough, maple syrup, almonds, goat's curd 18

French toast, berries chutney, crème crue 14

Sliced fresh fruits 10 Fresh fruit salad 7

### **VEGAN**

Vegan English breakfast 24

*Spiced aubergine, vegan sausage, avocado, mushroom, tomato, baked beans, cauliflower and courgette hash, brown toast*

Healthy peanut butter oatmeal bowl 15

*Scottish oats cooked with almond milk, creamy peanut butter, banana, blueberries, chocolate chip*

Protein boost bowl 16

*Berry smoothie bowl made with coconut yogurt, berries and homemade granola*

Avocado bruschetta 16

*Scrambled tofu, toasted pumpkin seeds, olive oil & lemon*

Organic Scottish oat porridge 14

*Freeze dried raspberries, maple syrup, coconut and dukkah spice*

### **SIDES 5**

Avocado, smoked salmon, bacon, sausage, beans, mushroom, tomato

### **COFFEE by Smiths of London 5**

Americano, filter coffee

Cappuccino, latte, flat white, hot chocolate

Espresso, double espresso, decaffeinated coffee

Matcha latte

### **TEA AND INFUSION by Jing 5**

Breakfast black tea | Assam, India

Earl grey black tea | Ruhuna, Sri Lanka

Organic Darjeeling 1st flush black tea | Darjeeling, India

Iron Buddha oolong tea | Fujian, China

Jasmine silver needle white tea | Yunnan, China

Whole chamomile flowers, peppermint, lemongrass & ginger

### **MORNING JUICES 5**

Freshly squeezed orange, grapefruit juice

Apple, pineapple, cranberry juice

Energizing or detox juice

### **MORNING COCKTAILS 16**

Bloody Mary, Mimosa, Bellini