

BREAKFAST



FAVOURITES

Oxtail and Vegetable Broth 72 kcal	10.25
Kedgeree 636 kcal	20.50
Orkney Kippers with Lemon 722 kcal	15.75
Scrambled Eggs with Smoked Salmon 875 kcal	18.25
or with Caviar 448 kcal	22.50
Open Omelette of Wild Mushroom and Gruyère 359 kcal	14.75
Welsh/Buck or Elegant Rarebit 501/686/648 kcal	10.25/11.25
Bacon Sandwich 723 kcal	8.50
Eggs on Toast: Poached, Fried or Scrambled 294/350/394 kcal	8.75
Full English Breakfast with Sausage, Bacon, Tomato, Black Pudding, Baked Beans and Eggs any style 1594 kcal	21.50
Burford Brown Eggs Benedict or Florentine Small/Large 410/784 or 410/820 kcal	9.50/18.50
Burford Brown Eggs Royale Small/Large 475/903 kcal	
Crumpet with Marmite and Fried Duck Egg 296/594 kcal	5.50/11.00

HEALTHY

Crushed Avocado with Toast and Virgin Mary Sauce 880 kcal	12.75
Greek Yoghurt with Granola, Fruits and Honey ^(N) 544 kcal	9.50
Buckwheat Pancakes, Seasonal Berries and Coconut Yoghurt ^(N) 388 kcal	12.75
Baked Hen Eggs with Spinach, Nutmeg and Ricotta 324 kcal	11.50
Scotch Porridge with Honey 716 kcal	8.25
Coconut Chia Seeds with Mango and Passion Fruit 166 kcal	9.50
Heritage Tomatoes on Toast 384 kcal	10.50
Fruit Salad 147 kcal	8.50

SIDES

Eggs any Style: Poached, Fried or Scrambled 158/232/281 kcal	4.50
Avocado with Chilli Salsa 274 kcal	4.50
Smoked Salmon 187 kcal	9.00
Blythburgh Pork Sausage or Bacon 494/175 kcal	4.00
Baked Beans 274 kcal	3.75
Grilled Mushrooms 191 kcal	4.00
Toast and Preserves 414 kcal	4.25

DRINKS

Smoothies

The Green One 71 kcal White Grape, Spinach, Parsley, Kombucha Tea	5.75
The Pink One 46 kcal Strawberry, Celery, Pineapple, Turmeric, Lemon	5.75
The Red One 67 kcal Pear, Blackcurrant, Mango, Red Pepper, Cayenne Pepper	5.75
A.B.C. 51 kcal Apple, Beetroot, Carrot, Ginger	5.75
Selection of Juices 39 kcal	4.75

Marys

Virtuous Mary 39 kcal Tomato, Carrot, Red Pepper, Cucumber, Chilli, White Wine Vinegar, Salt, Black Pepper	10.00
Bloody Mary Vodka, 45 Spice Mix, Citrus, Tomato Juice	13.50
Dirty Mary Tequila, Dirty Spice Mix, Citrus, Bacon Salt	14.50
Bloody Shame 143 kcal 45 Spice Mix, Citrus, Tomato Juice	9.00
Hinomaru Mary Ki No Bi, Japanese Dressing, Cayenne Pepper, Smoked Salt, Sriracha, Rice Wine Vinegar, Tomato Juice	15.50

N - Contains Nuts