# BREAKFAST \& BRUNCH MENU 

## COOKED BREAKFASTS 2 FREE SLICES OF TOAST WITH EVERY COOKED BREAKFAST

## THE ULTIMATE BREAKFAST

Three Pork sausages, three rashers of back bacon, your choice of two fried 273 kcal , scrambled 216 kcal or poached 136 kcal free-range eggs, three hash browns, two tomatoes, two flat mushrooms, black pudding and Heinz ${ }^{\circledR}$ baked beans 1209 kcal 9.99 Add a 4oz\# rump steak 197kcal 2.99

## THE VEGGIE BREAKFAST (1)

Two hash browns, two vegan sausages, two veggie fingers, tomato, flat mushrooms, Heinz ${ }^{\circledR}$ baked beans and your choice of fried 273kcal, scrambled 216 kcal or poached 136 kcal free-range eggs 618 kcal 8.49
As standard we serve pork sausages (228kcal per sausage) on all cooked breakfasts, except in Scottish sites where we also serve Lorne sausage (442kcal per sausage) and haggis 275kcal

## THE CLASSIC BREAKFAST

Two pork sausages, two rashers of back bacon, your choice of fried 273 kcal , scrambled 216 kcal or poached 136 kcal free-range eggs, two hash browns, tomato, flat mushroom and Heinz ${ }^{\circledR}$ baked beans 799 kcal 8.49
Add a 4oz\# rump steak 197 kcal 2.99
THE VEGAN BREAKFAST © 10
Two hash browns, two vegan sausages, tomato, flat mushrooms, Heinz ${ }^{\oplus}$ Baked Beans and guacamole 768 kcal 8.49

ADD ON 2 Hash Browns for 99p 208kcal

## BRUNCH

CHICKEN, BACON \& WAFFLE
Southern-fried chicken breast, a belgian waffle and back bacon with maple-flavour syrup 1048kcal 9.99
EGGS BENEDICT
Toasted breakfast muffin, two
poached free-range eggs and back
bacon topped with hollandaise sauce
723kcal 8.49

MEDITERRANEAN-STYLE
VEGETABLE \& GUACAMOLE BRUNCH ©
Toasted garlic bread topped with guacamole, chunky tomato salsa, grilled Mediterranean-style vegetables, pumpkin seeds and drizzled with a tomato \& smoked paprika sauce 561 kcal 9.99
Add a Cajun Chicken Breast +186kcal 2.50 Add a poached egg +68kcal 49p

## PANCAKES \& WAFFLES

Choose from a 4 stack of Pancakes or a Belgian Waffle with a choice of topping

1. CHOOSE FROM

PANCAKES (1) 459 kcal 8.49
WAFFLE © 390 kcal 7.49
2. CHOOSE YOUR TOPPING

BACON \& MAPLE-FLAVOUR SYRUP 607 kcal BANANA \& CHOCOLATE (V) 430kcal BERRY \& BANANA (1) 433kcal

## ADD A GLASS OF FRUIT JUCE TO ANY BREAKFAST FOR 1.99 cranberry 103 kcal , orange 172 kcal , or apple 175 kcal

BUNS \& BITES<br>\section*{BREAKFAST BUN}<br>Served in a brioche-style bun with hash browns Bacon 602kcal 5.99<br>Sausage 916kcal 5.99<br>2 fried Free-range eggs (1) 560kcal 5.99<br>Meat-free Sausage (vo) 692kcal 5.99<br>Bacon \& Egg 694kcal 6.49<br>Sausage, Bacon \& Egg 978kcal 6.99

YOGHURT \& FRUIT GRANOLA CUP (1)
Layers of organic natural yoghurt with fresh strawberries, bananas \& blueberries, mixed berry sauce and a crunchy granola topping. A great healthy breakfast option or ideal to share 414 kcal 5.99

| PORRIDGE © | CEREALS (1) |  |
| :--- | :--- | :--- |
| With your choice of | Ask the team for our | PRESERVE (1) |
| honey 258kcal or <br> maple-flavoured | selection 1.99 | White or wholemeal. |
|  |  | 468 kcal 99 p |

Ask the team for our selection 1.99

TOAST \&
White or wholemeal. 468kcal 99p

## KIDS' BREAKFAST* <br> A slice of toast served with every cooked breakfast

## KIDS' COOKED BREAKFAST

Two outdoor-reared chipolata sausages, your choice of poached 136 kcal or scrambled 216 kcal free-range eggs, tomato, Heinz baked beans and a hash brown 358 kcal 5.49

KIDS' VEGGIE BREAKFAST (1)
A vegan sausage, Birds Eye Green Cuisine ${ }^{\circledR}$ veggie finger, your choice of poached or scrambled free-range eggs, tomato, a hash brown and Heinz ${ }^{\circledR}$ baked beans 418 kcal 5.49
KIDS' VEGAN BREAKFAST ©
A vegan sausage, Birds Eye Green Cuisine ${ }^{\circledR}$ veggie finger,
tomato, flat mushroom and Heinz ${ }^{\oplus}$ baked beans 359 kcal 5.49

YOGHURT \& FRUIT GRANOLA CRUNCH (1) , Layers of organic natural yoghurt with fresh strawberries, banana and blueberries, mixed berry sauce and a crunchy granola topping 400kcal 4.49

FRESH FRUIT BOWL (10)
Fresh strawberries, blueberries, banana \& melon 110 kcal 2.00
CEREALS ©
Ask the team for our selection 1.99

BANANA \& CHOCOLATE PANCAKES ©
Two pancakes topped with fresh banana and drizzled with chocolate sauce 346 kcal 5.49
BERRY \& BANANA
PANCAKES © , *
Two pancakes topped with strawberries, blueberries \& banana, and drizzled with mapleflavour syrup 389kcal 5.49

## BREAKFAST DRINKS

POT OF TEA 56kcal 2.99
GREEN TEA Okcal 2.99
PEPPERMINT TEA Okcal 2.99
LEMON \& GINGER TEA okcal 2.99 CRANBERRY \&
RASPBERRY TEA Okcal 2.99
CAPPUCCINO 93kcal 3.49
LATTE 108kcal 3.49
ESPRESSO 9kcal 2.49
Alpro Oat alternative available

AMERICANO 60kcal 2.99 DECAF AMERICANO 100kcal 2.99 HOT CHOCOLATE 219kcal 3.49 ICED COFFEE 82kcal 3.49 FLAVOURED LATTE 63 kcal 3.99 SHOT OF SYRUP 50p Caramel 63 kcal , vanilla 67 kcal or gingerbread 67 kcal

## KIDS' DRINKS

FRUIT JUICE 131kcal 99p GLASS OF FRESH MILK 123kcal 99p PIP ORGANIC SMOOTHIES 79kcal 2.25 FRUIT SHOOT ${ }^{\text {® }}$ (shot 17 kcal 2.10

HENRY S SAINT CLEMENTS 76kcal 1.90 HOLLY'S APPLE FIZZ 70kcal 1.90 CAWSTON PRESS 52kcal 2.25

## MAKING HEALTHY CHOICES

= One of your 5 -a-day. A portion of fruit or veg is based on a minimum 60 g serving size and 80 g edible pulp and/or 150 ml pure fruit juice. $\mathrm{v}=$ Lower in sugar (desserts) contains at least $30 \%$ less sugar per 100 g compared to sugar content of all desserts with comparable components. Our kid's main meals now contain no more than 1.7 g of salt and comply with Government Salt Targets for children.

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[^0]:    Allergen information: All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. Our food and drinks are prepared in food areas where cross-contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies, or intolerances, or need help accessing our allergen information, please let us know before ordering.

