

## Breakfast

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| Scrambled eggs on toast (v) <i>632 kcal</i>                                                                                | 7.50           |
| Smashed avocado, poached eggs, sourdough, pico do gallo (v) <i>523 kcal</i>                                                | 8.50           |
| Smashed avocado, toasted granary bloomer, poached egg, grilled tomato (v) <i>477 kcal</i>                                  | 9.00           |
| Sautéed wild mushrooms on toasted ciabatta, garlic, spinach, truffle oil (vg) <i>662 kcal</i>                              |                |
| Full English, bacon, Lashford sausage, black pudding, mushrooms, tomato, hash<br>brown, beans, fried eggs <i>1069 kcal</i> | 12.50<br>14.00 |

## Baps

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|-------------------------------------------------|------|
| Grilled back bacon bap (gfa) <i>698 kcal</i>    | 5.00 |
| Pork and leek sausage bap (gfa) <i>681 kcal</i> | 7.00 |

## Teas and Coffees

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|-----------------------------------------|------|----------------------------------------|------|
| Americano (vg, gf) <i>0 kcal</i>        | 4.00 | Flat white (v, gf) <i>47 kcal</i>      | 4.00 |
| Macchiato (v, gf) <i>12 kcal</i>        | 4.00 | Double espresso (vg, gf) <i>0 kcal</i> | 4.00 |
| Selection of tea (v, gf) <i>24 kcal</i> | 4.00 | Cappuccino (v, gf) <i>52 kcal</i>      | 4.00 |
| Latte (v, gf) <i>122 kcal</i>           | 4.00 | Hot chocolate (v, gf) <i>299 kcal</i>  | 4.50 |



### Additional Menu Information

We always advise you to speak to a member of crew if you have any food allergies or intolerances. For calories and allergen information please scan this QR or ask a crew member for assistance.

Gluten Free - Where we offer gluten free dishes, controls are in place to ensure that dishes contain no more than 20 parts per million gluten; however, as we handle many allergens in our busy kitchens, we therefore cannot guarantee all traces of allergens are completely removed.

v - vegetarian, vg - vegan, gf - gluten free, gfa - gluten free adaptable, just ask.