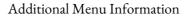


Breakfast

Scrambled eggs on toast (v) 632 kcal			7.
Smashed avocado, poached eggs, sourdough, pico do gallo (v) 523 kcal			8.5
mashed avocado, toasted granary blo	oomer, po	ached egg, grilled tomato (v) 477 kg	al 9.0
Sautéed wild mushrooms on toast	ed ciabatta	a, garlic, spinach, truffle oil (vg) <i>662</i>	kcal
Full English, bacon, Lashford sausage, black pudding, mushrooms, tomato, hash			12.5
brown, beans, fried eggs 1069 kcal			14.0
	Bap	98	
Grilled back bacon bap (gfa) 698 kcal			5.0
Pork and leek sausage bap (gfa) 681 kcal			7.
Te	eas and (Coffees	
Americano (vg, gf) 0 kcal	4.00	Flat white (v, gf) 47 kcal	4.0
Macchiato (v, gf) 12 kcal	4.00	Double espresso (vg, gf) 0 kcal	4.0
Selection of tea (v, gf) 24 kcal	4.00	Cappuccino (v, gf) 52 kcal	4.0
Latte (v, gf) 122 kcal	4.00	Hot chocolate (v, gf) 299 kcal	4.





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.