

## BREAKFASTS

<b>Full English</b>	£9. <sup>25</sup>
butchers' country sausages, black pudding, beans, bacon, grilled tomato, mushroom, Betty's free range eggs, served with white or granary farmhouse toast	
<b>Lighter</b>	£6. <sup>95</sup>
butchers' country sausage, bacon, grilled tomato, mushroom and Betty's free range egg	
<b>The 'meat free'</b>	£6. <sup>95</sup>
vegetarian sausages, grilled tomato, mushroom, baked beans and Betty's free-range eggs, served with white or granary farmhouse toast	
<b>Vegan (ve)</b>	£7. <sup>25</sup>
smashed avocado, beetroot hash cake, baked beans, grilled tomato, field mushrooms, farmhouse white or granary toast or gluten roll	

## EGGS

<b>Eggs benedict</b>	£6. <sup>95</sup>
toasted muffins, pulled honey roast ham, poached betty's farm eggs, hollandaise sauce	
<b>Eggs royale</b>	£7. <sup>50</sup>
toasted muffins, oak smoked salmon, poached betty's farm eggs, hollandaise sauce, lemon	
<b>Betty's free range eggs on toast</b>	£4. <sup>50</sup>
poached, scrambled or fried eggs on a choice of white, granary or gluten free toast	
<b>Pulled ham and cheddar omelette</b>	£6. <sup>95</sup>
pulled honey roast ham and mature cheddar omelette, fresh chopped chive	
<b>Avocado benedict (v)</b>	£6. <sup>95</sup>
toasted muffins, crushed avocado, poached betty's farm eggs, hollandaise sauce, coriander	
<b>Scrambled eggs and oak smoked salmon (gf)</b>	£6. <sup>25</sup>
betty's farm scrambled eggs, oak smoked salmon, fresh chopped chives, lemon	
	<b>ADD TOAST FOR</b> £1. <sup>50</sup>

## SANDWICHES & BREAKFAST ROLLS

CHOOSE FROM A LARGE SOFT ROLL, FARMHOUSE WHITE OR GRANARY

### Choose your own filling:

butchers' sausages, bacon, free range eggs,	1 item	£2. <sup>95</sup>
mushrooms, tomato, beans, black pudding,	2 items	£3. <sup>45</sup>
fried halloumi, vegetarian sausages	3 items	£3. <sup>95</sup>

## JUICES & SMOOTHIES

<b>Choice of fresh juices (ve)(gf)</b>	£2. <sup>90</sup>
orange, apple, grapefruit	
<b>Mixed berry and almond milk smoothie (ve)(gf)</b>	£2. <sup>95</sup>
mixed berries, oats, almond milk, banana	
<b>Virgin Mary (ve)(gf)</b>	£2. <sup>50</sup>
vegan spice mix and tomato juice	

## GLUTEN-FREE OPTIONS

MOST OF OUR DISHES CAN BE ADAPTED TO BE GLUTEN-FREE, PLEASE ASK ONE OF OUR STAFF.

## LIGHT & HEALTHY

<b>Homemade oat and nut granola (v)(veo)</b>	£4. <sup>95</sup>
fresh berries, milk, yogurt	
<b>Smashed avocado on sourdough (ve)</b>	£5. <sup>50</sup>
toasted pumpkin seeds and coriander	
<b>ADD</b>	
SMOKED SALMON	£2. <sup>00</sup>
POACHED EGGS	£1. <sup>50</sup>
PULLED HAM	£1. <sup>50</sup>
<b>Beetroot and potato hash cake (ve)(gf)</b>	£5. <sup>50</sup>
chimichurri, lemon, grilled tomato	
<b>ADD</b>	
POACHED EGGS	£1. <sup>50</sup>
<b>Toast and preserves (v)(veo)</b>	£2. <sup>95</sup>
farmhouse white or granary, or gluten free rolls	

(ve) VEGAN (veo) VEGAN OPTION AVAILABLE (v) VEGETARIAN (gf) GLUTEN FREE

PLEASE NOTE: MOST OF OUR DISHES CAN BE ADAPTED TO BE GLUTEN FREE, PLEASE ASK STAFF

NUTS, ALLERGIES AND DIETARY REQUIREMENTS: WE REGRET WE CANNOT GUARANTEE OUR FOOD PRODUCTS ARE TOTALLY NUT FREE. SOME OF OUR DISHES CONTAIN NUTS AND OTHER DISHES MAY CONTAIN NUTS OR NUT TRACES. IF YOU HAVE ANY ALLERGIES OR SPECIAL DIETARY REQUIREMENTS PLEASE CONSULT A MEMBER OF STAFF AND ASK TO SEE OUR RECIPE BOOK DETAILING ALL THE INGREDIENTS WE USE IN OUR DISHES. IF YOU ARE IN ANY DOUBT, PLEASE SELECT ANOTHER DISH FROM OUR MENU.