

# Breakfast Menu

## The St Mildred's Bay

### Full English breakfast

Butcher's sausage, back bacon, fried hen's egg, grilled field mushroom, Heinz baked beans, cherry vine tomatoes, potato rosti and toast

£10.00

### Vegetarian / Vegan breakfast

VE

2 vegan sausages, field mushrooms, vine tomatoes, potato rosti, baked beans and toast

£10.00

V

Smashed avocado, toasted sourdough, grilled vine tomatoes, flat field mushroom, 2 poached hens' eggs, pumpkin seeds

£9.50

### Eggs Benedict or Royal / Florentine

2 poached hen's eggs on a toasted English muffin with your choice of:

Benedict – Parma ham

Royal – smoked salmon

Florentine – wilted baby spinach

£9.00 / £8.00

### Eggs your way

Toasted hand cut bread with a choice of fried, poached or scrambled egg

£6.00

+ smoked salmon

£4.00

### Breakfast sandwiches

Grilled back bacon or butcher's sausages in buttered, hand cut bread

£6.00

### Toasted hand cut bread

Served with butter and a choice of orange marmalade or fruit preserve

£3.25

### Hot porridge oats

VE

Creamy porridge oats with toasted almond flakes and honey

£5.50

### Hand made granola

VE

With mixed berries, oat or natural yoghurt, maple syrup

£5.50

### Blueberry pancakes

VE

With berry compote, toasted almonds, maple syrup

£6.00

V

Vegetarian

VE

Vegan

Food described in this menu may contain nuts, eggs, flour, other known allergens or their derivatives. If you suffer from any allergy or food intolerance please notify a member of staff before placing your order. Please be advised we cannot guarantee that any food item prepared in our kitchens will be free from allergens