

# Breakfast

All our ingredients are locally sourced and delivered fresh by local suppliers. Our eggs are free-range and Red Lion stamped, our fish is sustainably sourced and MSC approved and our meat is British Red Tractor accredited wherever possible.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PORRIDGE</b> 80p	PORRIDGE	PORRIDGE	PORRIDGE	PORRIDGE	PORRIDGE
<b>WHY NOT TRY OUR EXTRA TOPPINGS AT 30p PER ITEM</b>					
<b>DAILY POTS</b> 95p	FRESH FRUIT YOGHURT GRANOLA/OATS	FRESH FRUIT YOGHURT GRANOLA/OATS	FRESH FRUIT YOGHURT GRANOLA/OATS	FRESH FRUIT YOGHURT GRANOLA/OATS	FRESH FRUIT YOGHURT GRANOLA/OATS
<b>PLANT BASED</b> £1.20	BANANA PANCAKES	SMOKEY BBQ BEANS ON TOAST	WHOLE WHEAT BERRY MUFFIN	BANANA PANCAKES	SWEET POTATO & BERRY FLATBREAD SERVED WITH MAPLE SYRUP
<b>TAKEAWAY TUBS</b> £1.20	BEANS, HASH BROWN, SAUSAGE OR VEGGIE SAUSAGE	SCRAMBLED EGG, BEANS, CHEESY TOPPING	HASH BROWN, TOMATO, BACON OR CHEESE	CHEESY OMELETTE AND BEANS	SAUTE POTATOES, BEANS, BACON OR CHEESE
<b>ADD A SLICE OF TOAST FOR 25p WITH CHEESE OR JAM 30p</b>					
<b>HOT WRAPS &amp; ROLLS</b> FROM £1.65	BEANS, HASH BROWN, SAUSAGE OR VEGGIE SAUSAGE	SCRAMBLED EGG, BEANS, CHEESY TOPPING	HASH BROWN, TOMATO, BACON OR CHEESE	CHEESY OMELETTE AND BEANS	SAUTE POTATOES, BEANS, BACON OR CHEESE

**Simple Breakfast Bap**  
Bacon, Sausage or Egg  
Only £1.20

**Croissants  
& Pastries**  
From 90p



**Smoothie  
of the day**  
Only £1.00



**Fresh  
fruit**  
Only 60p

**Cheese on  
Toast**  
60p a slice

**Free  
Hydration  
Station**