

Breakfast

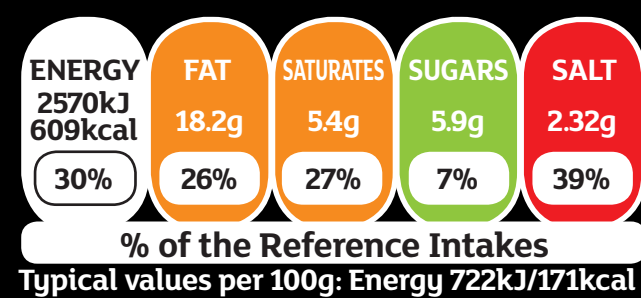
Served until 11.30am

Smoked salmon & scrambled eggs

Served on a toasted bagel

2570kJ - 609kcal

£5.00



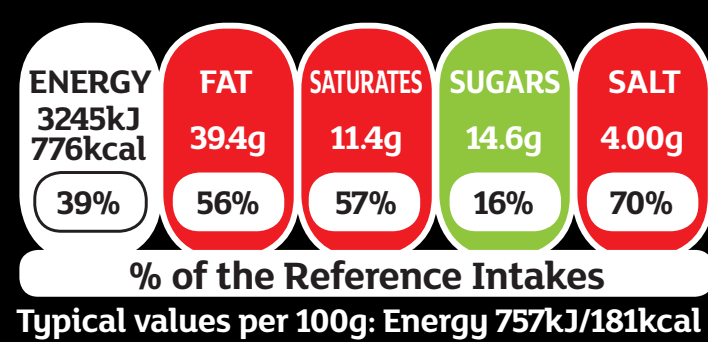
Big breakfast

Fried egg, 2 sausages, 2 rashers of bacon, hash brown, fresh tomato, baked beans and a slice of toast

Switch to scrambled egg for an extra 50p

3245kJ - 776kcal

£4.50



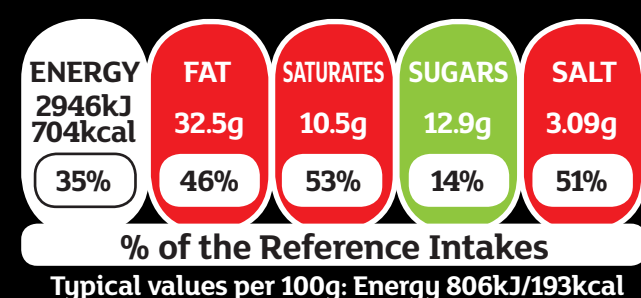
Halloumi breakfast

2 eggs, 1 slice of halloumi, mushroom, hash brown, fresh tomato, baked beans and a slice of toast

Or try switching halloumi to a vegetarian sausage

2946kJ - 704kcal

£4.00

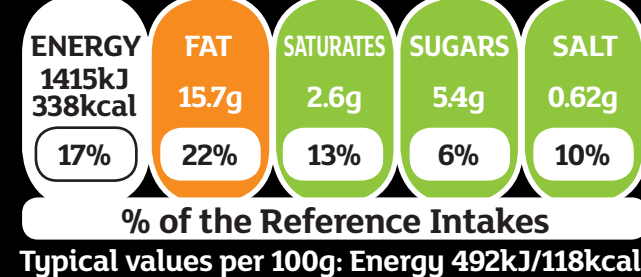


Super scrambled egg

Scrambled egg and spinach, made with skimmed milk. Served with a grilled tomato and a slice of multiseed toast

1415kJ - 338kcal

£4.00

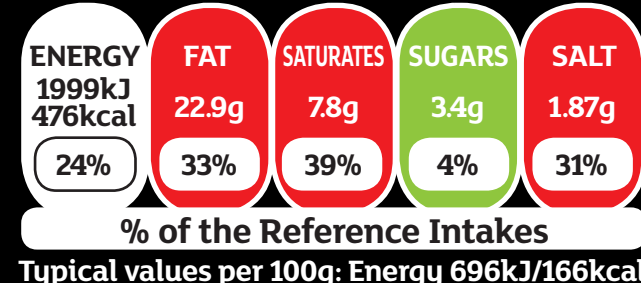


Eggs & bacon

2 fried eggs, 2 rashers of bacon and a slice of multiseed toast

1999kJ - 476kcal

£3.00

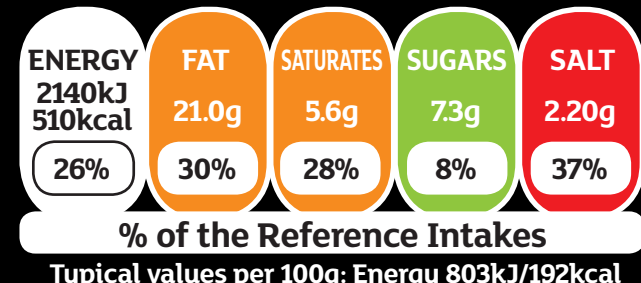


Bitesize breakfast

Fried egg, sausage, hash brown, baked beans and a slice of toast

2140kJ - 510kcal

£3.00



Extras: per portion

68kJ / 16kcal - 1245kJ / 297kcal

Smoked salmon

£3.00

Avocado or halloumi portion 

£1.50

Scrambled egg 

£1.20

Bagel 

£1.00

Sausage, bacon, vegetarian sausage, black pudding

80p

Mushroom, baked beans, fried egg, fresh tomato, hash brown 

70p

Slice of toast (White or multiseed) 

50p

Allergy information:

For information about specific allergens in each product, please ask a Colleague to refer to the Product Information Guide. Because of the way products are handled, it's possible that additional allergens may be present in any item.

For full nutritional information on any of these meals please ask a colleague.

Sainsbury's

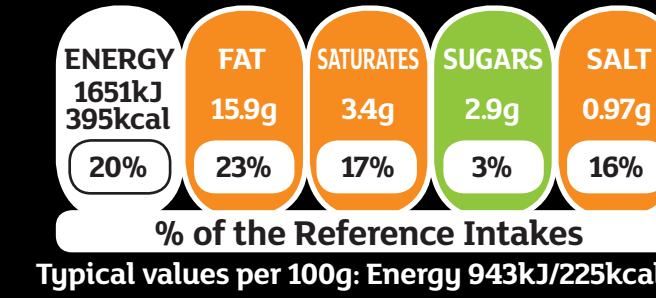
Smashed avocado

Served on Taste the Difference sourdough toast

Top with Scottish smoked salmon for £3 extra

1651kJ - 395kcal

£2.00



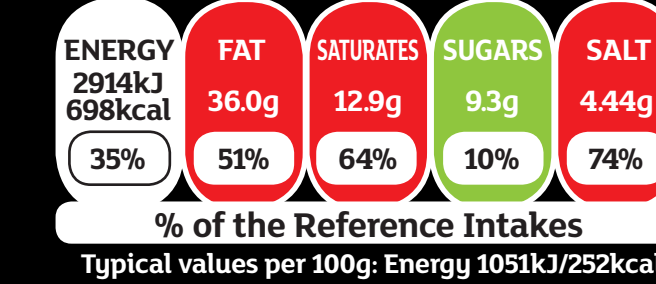
Breakfast omelette

With 1 hash brown and baked beans

Choose any 2 fillings from cheese, ham, tomato or mushrooms

2914kJ - 698kcal

£4.00



Breakfast baguette

Bacon

2479kJ - 588kcal

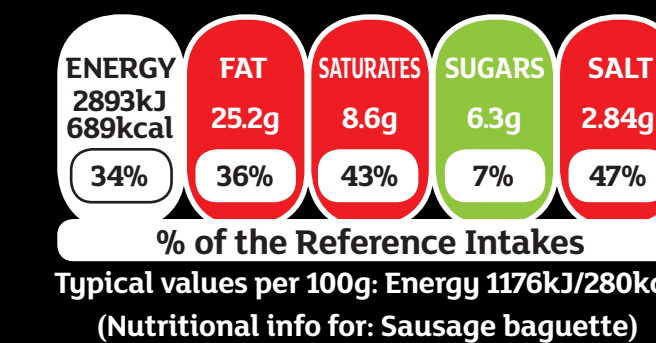
Sausages

2893kJ - 689kcal

Vegetarian sausages 

2575kJ - 612kcal

£3.00



Breakfast sandwich

With white bread, multiseed bread or a roll

Bacon

1635kJ - 388kcal

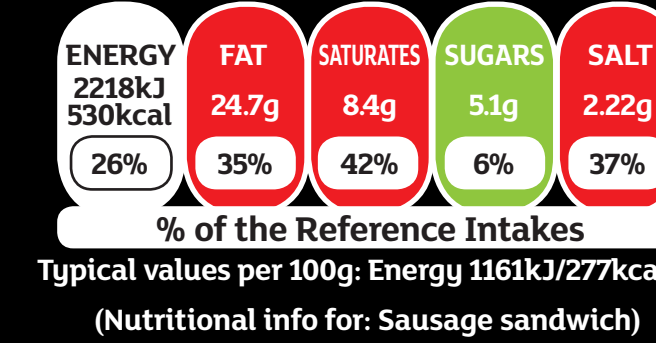
Sausages

2218kJ - 530kcal

Vegetarian sausages 

1900kJ - 452kcal

£2.00



Toast or bagel & topping From £1.70 - £2.00

Beans

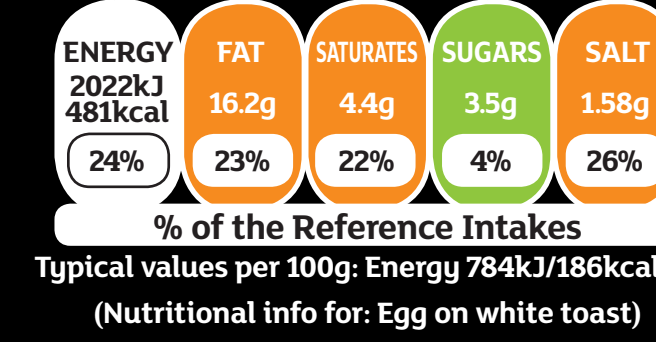
1566kJ - 370kcal

Eggs

2022kJ - 481kcal

Cheese

1780kJ - 423kcal

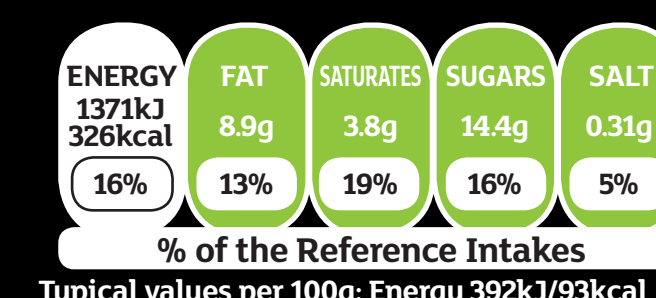


Scottish oat porridge

With a choice of honey, golden syrup, fruit compote, blueberries & banana or nut & raisin granola

1371kJ - 326kcal

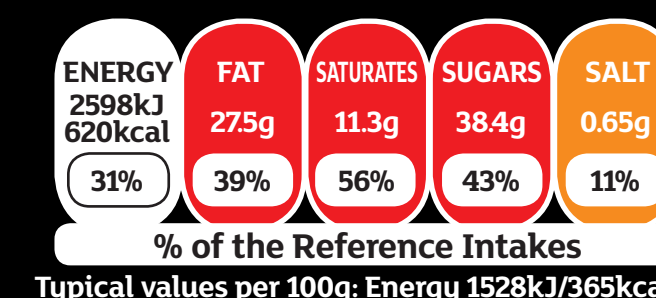
£1.80



Toasted teacake & butter

2598kJ - 620kcal

£1.60



Extras: Jam mini pot, Marmite, marmalade, butter portion **15p - 50p**