



Breakfast served until 11.30am



Take-away available,
please ask colleague
when placing your order

Calories for all items are given for white bread and baked egg.

All day breakfast

2 sausages, 1 egg, 2 rashers of bacon, hash brown, 805kcal / 3369kJ / 40%RI
fresh tomato, mushroom, baked beans and a slice of toast
Options: Multiseed bread (add 63kcal / 261kJ / 3%RI); scrambled egg (add 25kcal / 104kJ / 1%RI)

£5.25

All day vegetarian breakfast

2 Shroomdogs, 2 eggs, mushroom, hash brown, fresh tomato, 691kcal / 2898kJ / 35% RI
baked beans and a slice of toast
Options: Multiseed bread (add 63kcal / 261kJ / 3%RI); scrambled egg (add 50kcal / 209kJ / 2%RI)

£5.25

Bitesize breakfast

Sausage, egg, hash brown, baked beans and a slice of toast 533kcal / 2234kJ / 27% RI
Options: Multiseed bread (add 63kcal / 261kJ / 3%RI); scrambled egg (add 25kcal / 104kJ / 1%RI)

£3.25

Bitesize vegetarian breakfast

Shroomdog, egg, hash brown, baked beans and a slice of toast 479kcal / 2011kJ / 24% RI
Options: Multiseed bread (add 63kcal / 261kJ / 3%RI); scrambled egg (add 25kcal / 104kJ / 1%RI)

£3.25

Eggs & bacon

2 eggs, 2 rashers of bacon and a slice of toast 442kcal / 1845kJ / 22% RI
Options: Multiseed bread (add 63kcal / 261kJ / 3%RI); scrambled egg (add 50kcal / 209kJ / 2%RI)

£3.25

Toast and one topping

• Beans 415kcal / 1759kJ / 21%RI
• Cheese 384kcal / 1618kJ / 19%RI
Options: Multiseed bread

• Scrambled eggs 471kcal / 1918kJ / 24%RI
• Eggs 421kcal / 1772kJ / 21%RI
(add 126kcal / 521kJ / 6%RI)

£2.50

Toast

2 slices of toast served with butter and a choice of jam, 427kcal / 1799kJ / 21% RI
marmalade, honey or Marmite
Options: Multiseed bread (add 126kcal / 521kJ / 6%RI)

£1.50

Porridge

Non-dairy option available - please ask colleague

• Add honey +£0.35 380kcal / 1589kJ / 19% RI
• Add banana +£0.55 45kcal / 192kJ / 2% RI
128kcal / 543kJ / 6% RI

£2.00

Kids' porridge

• Add honey +£0.35 190kcal / 794kJ
• Add banana +£0.55 45kcal / 192kJ
128kcal / 543kJ

£1.25

Kids' scrambled egg on toast

Options: Multiseed bread 236kcal / 990kJ
(add 63kcal / 261kJ)

£1.25

Adults need around 2000kcal a day. Reference Intake (RI) of an average adult 2000kcal/8400kJ.

*Allergy information: Products from our cafes are not suitable for those with an allergy to Fish, Molluscs, Crustaceans, Milk, Egg, Cereals containing gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut), Peanut, Soya, Nuts, Celery, Mustard, Sesame or Sulphites. Additionally, our 'Vegan and Plant Based Recipe' products are made using shared equipment with non-vegan products.



Breakfast

served until 11.30am



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Breakfast sandwich

Calories given for white bread.

- Sausage
 - Bacon
 - Shroomdog Make it Vegan with Flora plant based spread *
- Option: Multiseed bread

£2.75

527kcal / 2211kJ / 26%RI
384kcal / 1613kJ / 19%RI
419kcal / 1765kJ / 20%RI
(add 126kcal / 521kJ / 6% RI)

Breakfast bap

- Sausage
- Bacon
- Shroomdog Make it Vegan with Flora plant based spread *

£3.00

491kcal / 2057kJ / 24%RI
348kcal / 1459kJ / 17%RI
383kcal / 1612kJ / 19%RI

Breakfast bap stack

Customise your Sausage, Bacon or Shroomdog Bap
by adding 3 items from below

- | | | | |
|-------------|------------------------|--------------|-----------------------|
| • Sausage | 122kcal / 508kJ / 6%RI | • Mushroom | 4kcal / 18kJ / <1%RI |
| • Bacon | 50kcal / 209kJ / 3%RI | • Tomato | 5kcal / 21kJ / <1%RI |
| • Shroomdog | 68kcal / 286kJ / 3%RI | • Hash brown | 73kcal / 306kJ / 4%RI |
| • Baked egg | 91kcal / 379kJ / 5%RI | | |

£5.00

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