



Good morning and welcome to breakfast

You may like to start with...

Tea or Coffee

(a selection of herbal teas, hot chocolate and decaff coffee are also available on request)
Specialist coffees subject to regular menu charge – just ask!

Carafe of Freshly Squeezed Orange Juice

Carafe of Local Kent Cloudy Apple Juice

(Fancy a top of either? Only £2.50)

CEREALS

Museli

Granola

Bran Flakes

Corn Flakes

Rice Crispies

Toast:

Farmhouse White

Wholegrain

(help yourself from our selection
of preserves)

COOKED MENU

You can choose one of the following...

Breakfast Quesadilla {VEGGIE OPTION AVAILABLE}

with scrambled free range eggs, American smoked bacon, green onions, avocado and cheese, served with sour cream and salsa

Country Omelette {VEGGIE OPTION AVAILABLE}

3 egg omelette with mushroom, onion and cheese served with sauté potatoes. Feeling hungry?
(add sausage or ham)

Burrito {VEGGIE OPTION AVAILABLE}

includes chorizo, free range scrambled egg, roasted peppers, guacamole, and cheddar cheese

American Blueberry Pancakes (V)

short stack of home made pancakes with maple syrup

Egg Benedicts

Classic Benedict

with spinach and poached free range eggs on a toasted English muffin, with Hollandaise sauce

Ham Egg Benedict

with honey roast ham, spinach and poached free range eggs on a toasted English muffin, with Hollandaise sauce

Eggs Royal

with smoked salmon, spinach and poached free range eggs on a toasted English muffin, with Hollandaise sauce

Smokeys Vegetarian Stack (V)

a grilled field mushroom, spinach, roasted pepper ring and free range fried egg on a toasted English muffin served with sauté potatoes

Toasted Bagel (V)

with scrambled free range egg

(add grilled tomatoes and mushroom, home made honey roast ham or smoked salmon)

or Make Your Own Brighton Breakfast

please choose any 5 items from the lists below (served with brown or white toast)

Vegan

tofu sausage
mushrooms
grilled tomato
H/M black beans
(in tomato sauce)
Heinz baked beans
sauté potatoes

Vegetarian

vegetarian sausage
mushrooms
grilled tomato
H/M black beans
(in tomato sauce)
Heinz baked beans
sauté potatoes
free range egg
(fried, scrambled or poached)
2 quorn bacon rashers

Meaty

locally made Brighton sausage
mushrooms
grilled tomato
H/M black beans
(in tomato sauce)
Heinz baked beans
sauté potatoes
free range egg
(fried, scrambled or poached)
2 smoked bacon rashers

Get Saucy! Ketchup, Brown Sauce, Mustard, Mayonnaise are available. Please ask

Ingredients are free range and locally sourced where possible, our eggs come soft or runny, if you'd like them more cooked, just let us know

Allergen information available on request