

THE SUN HOTEL & BAR

BREAKFAST MENU

Served **Mon-Fri** 7:30-11am

Sat 8-11am

Sun & Bank Hols 8:30-11am

If you love our breakfasts why not
visit us for lunch or supper?

Lunch Mon - Sat 12-3pm & Sun 12-8pm

Dinner Mon - Sat 4-9pm & Sun 12-8pm

Bank Holidays = Sunday service hours



THE
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HOTEL & BAR

Eggs Benedict £9.00

Poached eggs served on a toasted English muffin, topped with hollandaise sauce and lightly grilled. Layered with your choice of up to two fillings: smoked bacon, ham, smoked salmon or • spinach.

Omelette £9.00

A three egg omelette with your choice of up to three fillings: • tomato, • cheese, • mushrooms, bacon or ham. Served with a side of garden leaves.

Smoked Kippers £7.50

Topped with a poached egg and served with bread and butter.

• Garden Breakfast £9.50

Grilled tomato, grilled mushrooms, roasted peppers, baked beans, halloumi, poached egg, avocado toast and rocket leaves.

The Sun Full English £11.50

Two rashers of bacon, a pork sausage, an egg, grilled tomato, baked beans, grilled mushrooms and black pudding. With a slice of toast and preserve.

All breakfast meals include a hot and cold drink from the breakfast bar

Continental Plate £7.50

Tasty Lancashire cheese and roasted ham with a croissant or toast. Served with butter and preserve.

On toast

- Eggs £5.50
- Avocado £6.00
- Bacon £6.50

• or • Breakfast Hash £8.50

Lightly spiced potato hash with turmeric, onions, tomatoes, peppers and avocado. Topped with a • fried egg or • tofu.

• Sunshine Açaí Bowl £7.00

Nutty granola layered with a berry, banana, acai and coconut milk smoothie. Topped with fresh fruit.

• Sun Super Smoothie £4.50

A banana, berry and spirulina smoothie made with coconut milk.

• Granola Jar £3.00

Soy yoghurt and fruit coulis topped with nutty granola.

Breakfast Bar £6.50

Your choice of up to 5 items from our breakfast bar; hot drink, juice, cereal, fruit, yoghurt or pastry.

+Extras

- Avocado £2
- Mushrooms £1.00
- Grilled tomato £1.00
- Two eggs £1.50
- Two rashers of smoked bacon £2.50
- A pork sausage £1.50
- Two veggie sausages £2.50
- Black pudding £1.50
- Smoked salmon £3.00
- Vegan
- Vegetarian

If you suffer from any food allergies or intolerances and require more information about the ingredients we use please ask a member of staff for the allergen menu. Please ensure you inform us of any allergies or intolerances when placing your order, regardless of whether you think it is relevant to your dish.

Book your room directly with us and receive complimentary breakfast during your stay!

www.thesunhotelandbar.co.uk