

BREAKFAST MENU

Served Monday – Friday 7.30-11am | Saturday 8-11am | Sunday & Bank Hols 8.30-11am

EGGS BENEDICT £9

- eggs • hollandaise
- muffin +two: • avocado°
- bacon • chorizo • ham
- smoked salmon • spinach°

THE SUN FULL

ENGLISH £12

- bacon • pork sausage
- egg • tomato • beans
- mushrooms • black pudding • toast

PLANT BASED

BREKKIE* £10

- tofu • sausage • tomato
- spinach • mushrooms
- beans • peppers
- avocado toast

ON TOAST

- Eggs° £6
- Avocado* £6
- Bacon £6.50

OMELETTE £9

- eggs • garden leaves
- +three: • bacon • cheese°
- ham • mushrooms°
- tomato°

GARDEN

BREAKFAST° £10

- halloumi • tomato
- mushrooms • beans
- peppers • avocado toast
- rocket • egg

SMOKED KIPPERS £8

- kippers • egg
- bread • butter

PORRIDGE BOWLS° £7

- honey, chia seeds & blueberries
- chocolate, strawberry & coconut
- banoffee & walnuts

SUNSHINE

ACAI BOWL* £7

- acai smoothie
- granola • fruit

ADD ONS

- Avocado* £2
- Bacon £2.50
- Beans* £1
- Black Pudding £1.50
- Halloumi° £2.50
- Eggs° £2
- Mushrooms* £1
- Sausages £2.50
- Scrambled tofu* £2.50
- Smoked Salmon £3
- Tomato* £1
- Vegan Sausages* £2.50

If you suffer from any food allergies or intolerances and need more information about the ingredients we use, please speak to a member of staff. We need to know about food allergies even if they do not seem relevant to the dish you choose.

* **Vegan**
° **Vegetarian**

All breakfast meals above include a hot and cold drink from our breakfast bar.

BREAD

- Toast & Preserves° £2
- Croissant & Jam° £1

SUN SUPER

- SMOOTHIE* £4.50
- berries • banana
- coconut milk • spirulina

GRANOLA JAR* £3.50

- yoghurt • fruit
- granola

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

www.thesunhotelandbar.co.uk