

# BREAKFAST MENU

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

## EGGS BENEDICT £10.50

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

## THE SUN FULL ENGLISH £12

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

## PLANT BASED BREKKIE\* £11

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

## GARDEN

### BREAKFAST° £11

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

## ON TOAST

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

## FRITTATA £10

- Pepper & spinach°
- Chorizo & pea

## SMOKED KIPPERS £9

- kippers • egg
- bread • butter

## BUBBLE & SQUEAK £8

- poached egg

## BREAKFAST

### PANCAKES° £7

- honey & blueberries
- chocolate & strawberry
- banoffee

## SUNSHINE ACAI

### BOWL\* £7

- acai smoothie
- granola • fruit

## ADD ONS

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

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

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## BREAD

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

## GRANOLA JAR\* £3.50

- yoghurt • fruit
- granola

\* **Vegan**  
° **Vegetarian**

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

[www.thesunhotelandbar.co.uk](http://www.thesunhotelandbar.co.uk)