

# BREAKFAST

MONDAY - FRIDAY 7.30 - 11AM | SATURDAY 8 - 11AM | SUNDAY & BANK HOLIDAYS 8.30-11AM

ALL BREAKFAST MEALS INCLUDE A HOT & COLD DRINK FROM OUR BREAKFAST BAR

PLANT BASED\* | VEGETARIAN°

## EGGS BENEDICT 11

poached eggs • hollandaise • toasted muffin  
+your choice of two... • avocado° • bacon  
• chorizo • ham • spinach°

## THE SUN FULL ENGLISH 12.5

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

## PLANT BASED BREKKIE\* 12

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

## GARDEN BREAKFAST° 12

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

## PORRIDGE BOWL

• honey, nuts & seeds° 6  
• fruit compote & yoghurt° 6  
• naked° 4.5

## SHAKSHUKA° 9

baked eggs • North African-style tomato sauce  
• bread

## BREAKFAST PANCAKES 8

+your choice of ... • honey & blueberries°  
• fruit compote & yoghurt°  
• bacon & maple syrup

## OMELETTE 9

+your choice of... • pepper & spinach°  
• ham & cheese

## SMOKED KIPPERS 9

kippers • egg • bread • butter

## ON TOAST

• eggs° 6.5  
• avocado\* 6.5  
• bacon 6.5

## SUNSHINE FRUIT BOWL\* 6.5

granola • yoghurt • fruit compote

## BREAD

toast & preserves° 2  
• croissant & jam° 2

## +ADD ONS

avocado\* 2  
bacon 2.5  
beans\* 1  
black pudding 1.5  
halloumi° 3  
eggs° 2  
mushrooms\* 1.5  
sausages 3  
scrambled tofu\* 2.5  
tomato\* 2  
plant based sausages\* 2.5

[WWW.THESUNHOTELANDBAR.CO.UK](http://WWW.THESUNHOTELANDBAR.CO.UK)

BOOK YOUR NEXT STAY ON OUR WEBSITE FOR FREE BREAKFAST!

   01524 66006

Food allergies and/or intolerances: please let us know of any and all food allergies/intolerances when placing your order, even if they do not seem relevant to the dish you are ordering. We prepare all food in areas where allergens are handled so cannot guarantee there will be no cross-contamination. If you would like to see our allergen menu, wish to discuss the ingredients we use or whether we can make substitutions to dishes please ask a member of staff.