

# BREAKFAST

Served from 8am - 12pm

## ABEL'S FRY UP

12.95 (1373 kcal)

Grilled back bacon, thick pork sausage, grilled black pudding, baked beans, hash browns, field mushroom, grilled tomato, eggs your way, toasted thick bread & butter.

### Breakfast Sandwich

...with a hash brown

Choose from:

- Sausage Sandwich (640 kcal)
- Egg Sandwich (v) (510 kcal)
- Bacon Sandwich (597 kcal)

### Continental (565 kcal)

Choice of breakfast cereals, fresh pastries, fruit selection, juices, tea or coffee.

5.95

### Abel's Imposter Fry Up (v) (891 kcal)

9.95

Cumberland plant based sausages, hash browns, baked beans, field mushrooms, eggs, grilled tomato and thick toast. (vegan option available)

### Eggs Benedict (700 kcal)

9.25

Poached eggs, bacon and hollandaise sauce on a toasted muffin.

6.95

## HOW DO YOU LIKE YOUR EGGS?

### Any style (v) (852 kcal)

Poached, scrambled or fried on buttered toast.

5.75

### Smashed Avocado &

### Poached Eggs (v) (710 kcal)

Served on toast, with fresh tomato, salsa and olive oil.

8.50

### Power Porridge (v) (843 kcal)

Add honey or maple syrup.

4.75

## STILL WANT MORE? NO PROBLEM...

Add any of the following extras for 1.95 each

**Bacon** (135 kcal) • **Sausage** (178 kcal) • **Eggs** (v) (132 kcal) • **Toast** (v) (427 kcal)

PLEASE ASK ABOUT OUR FRESHLY ROASTED FINEST COFFEES & SELECTION OF TEAS  
THE PERFECT WAY TO START THE DAY

Full allergen information is available on request. Please ask our team for details when ordering both food and drink.

All weights noted are approximate and prior to cooking.

(v) VEGETARIAN (ve) VEGAN GLUTEN FREE OPTIONS AVAILABLE ON REQUEST

Despite our best efforts, we are unable to guarantee that our dishes are free from any allergen. Adults need around 2,000 kcal a day.