

# Breakfast

## Breakfast

Served 09:00 - 11:30

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<b>Full English Breakfast</b> (1467 kcal)	<b>£11.95</b>
Two eggs of your choice, two rashers of bacon, two breakfast sausages, two hash browns, black pudding, roasted tomatoes, flat mushroom, baked beans & toast	
<b>Light breakfast</b> (831 kcal)	<b>£9.45</b>
One egg of your choice, one rasher of bacon, one breakfast sausage, hash brown, roasted tomato, flat mushroom, baked beans & toast	
<b>Vegetarian breakfast</b> (723 kcal)	<b>£9.45</b>
One egg of your choice, grilled halloumi, crushed avocado, hash brown, roasted tomato, flat mushroom, baked beans and toast	
<b>Child's Breakfast</b> (583 kcal)	<b>£6.95</b>
Fried egg, breakfast sausage, baked beans, hash brown and toast	
<b>Eggs on Toast</b>	<b>£6.45</b>
Your choice of eggs served on white, brown or sourdough toast.	
<b>Breakfast Cob</b>	<b>£6.45</b>
Your choice of sausage, bacon, fried egg or grilled halloumi served on a buttered cob.	
<b>Toast and Preserve</b> (462 kcal)	<b>£3.95</b>
White, Brown or Sourdough Toast with your choice of preserve (Gluten free bread available)	
<b>Toasted teacake</b> (276 kcal)	<b>£2.95</b>
served with butter	

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### breakfast sides each £2.45

Bacon 167kcal, Sausage 221kcal,  
Black Pudding 252kcal, Fried Eggs 311kcal,  
Poached Eggs 131kcal, Scrambled Eggs 384kcal,  
Sliced Ham 114kcal

### breakfast sides each £1.95

Avocado 168kcal, Baked Beans 137kcal,  
Halloumi 257kcal, Hash Brown 320kcal,  
Hollandaise 224kcal, Mushrooms 63kcal,  
Spinach 129kcal, Tomato 114kcal

add smoked salmon (94 kcal) £2.95

## Breakfast Specials

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<b>Breakfast sundae (N)</b> (523 kcal)	<b>£7.95</b>
Homemade granola, yoghurt, seasonal berry compote, honey and fresh berries	
<b>American style pancakes</b> (746 kcal)	<b>£8.95</b>
with maple syrup and bacon	
<b>Eggs Benedict</b> (641 kcal)	<b>£9.95</b>
Wiltshire ham, toasted English muffin, poached eggs and hollandaise sauce	
<b>Eggs Cypriot</b> (1042 kcal)	<b>£8.95</b>
Grilled Halloumi, smashed avocado, toasted English muffin, poached eggs and hollandaise sauce	
<b>Eggs Royale</b> (682 kcal)	<b>£10.95</b>
Smoked salmon, toasted English muffin, poached eggs and hollandaise sauce	
<b>Croque Madame</b> (450 kcal)	<b>£10.95</b>
layers of thinly sliced ham, becamel sauce, melted cheese on toasted bread & fried egg	
<b>Children Pancakes with berries and yogurt</b> (569 kcal)	<b>£7.95</b>
<b>Children Pancakes with nutella and banana (N)</b> (677 kcal)	<b>£7.95</b>

EST. 1946  
**FROSTS**

### FOOD ALLERGIES AND INTOLERANCES

Please speak to our helpful staff if you or a member of your party has a food allergy or a special dietary requirement. It is important that you inform a member of our team prior to placing your order. Whilst we have taken every care to ensure that allergens do not cross-contaminate, the food prepared here may have come into contact with one of the 14 allergens.

(V) Vegetarian • (VG) Vegan • (GF) Gluten free • (DF) Dairy free • (N) Contains nuts • Adults need around 2000kcal a day as a requirement.