

BREAKFAST MENU

3

SOUTH PLACE

Monday - Friday | 7am-10:30am
Saturday - Sunday | 7:30am-11am

SOUTH PLACE FAVOURITES

Crushed avocado with Orange & lime, sourdough toast & poached eggs (v) 671kcal	14
Eggs Benedict 525kcal.....	11.5
Eggs Royal 557kcal.....	14.5
Eggs Florentine (v) 461kcal	11.5
Three egg omelette 594kcal.....	12
<i>with a choice of fillings:</i> Cheddar cheese 123Kcal, tomato 15Kcal, mushroom 4Kcal, ham 212Kcal, onion 18Kcal, chili 5Kcal	
Breakfast roll, fried egg and Hollandaise sauce.....	9
<i>fillings: Cumberland sausage 626kcal, Steaky Bacon 551kcal, Crushed avocado 629kcal</i>	
Oak smoked salmon and scrambled eggs 649kcal.....	14.5
<i>sourdough toast</i>	
American style pancakes.....	12.5
<i>with streaky bacon, blueberries & maple syrup 718kcal or banana & Nutella 880kcal</i>	
Full English breakfast 968kcal.....	16
<i>Cumberland sausage, streaky bacon, slow roasted tomato, field mushroom, baked beans, Cumbrian black pudding, choice of eggs</i>	
Full vegetarian breakfast 570kcal	13
<i>Plant based sausage, slow roasted tomato, field mushroom, hash brown, baked beans, choice of eggs (v)</i>	
Full vegan breakfast 593kcal.....	13
<i>Plant based sausage, slow roasted tomato, field mushroom, baked beans, hash brown & crushed avocado (vg)</i>	

OATS, FRUITS & GRAINS

Large rolled oat porridge (v/vg) 219kcal	8
<i>Available with milk 219kcal water 147kcal, oat milk 211kcal or almond milk 180kcal</i>	
Organic Greek style yoghurt (v) 488kcal	8
<i>with banana, nut granola & London honey</i>	
Coconut yoghurt, mixed berries (vg) 557kcal	9
<i>nut granola</i>	
Seasonal fruit plate (vg) 62kcal	9

SIDES

3.25 each

Sourdough toast, cultured English butter (v) 320kcal
Cumberland sausage 281kcal
Smoked streaky bacon 217kcal
Cumbrian black pudding 222kcal
Baked beans 111kcal
Hash brown 192kcal
Slow roasted tomato 62kcal
Flat mushrooms 53kcal
Crushed avocado with chili & lime 245kcal

SELECTION OF PASTRIES

Croissant 101kcal	3.25
Pain au chocolat 97kcal	3.25
Pain aux raisins 118kcal	3.25

HOT BEVERAGES

Caffe Latte 158kcal	4.5
Cappuccino 125kcal	4.5
Flat White 151kcal	4.5
Americano 85kcal.....	4.5
Double Espresso 52kcal	4.5
Espresso 26kcal.....	3.5
Hot Chocolate 379kcal.....	4.5

JUICES

kcal per 300ml

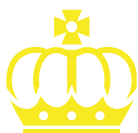
5 each

Orange 108kcal | Apple 108kcal | Pineapple 123kcal | Cranberry 189kcal

SELECTION OF TEAS

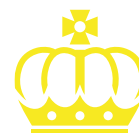
5 each

English breakfast 33kcal | Earl Grey 33kcal
Green Yunna Tea 0kcal | Peppermint 0kcal
Lemon & Ginger 0kcal | Fresh mint 3kcal



STAYING WITH US?

IF YOU HAVE BREAKFAST INCLUDED, EAT LIKE ROYALTY
UP TO £25 PER PERSON, PER DAY



3

SOUTH PLACE