

BREAKFAST MENU

3

SOUTH PLACE

Monday - Friday | 7am-10:30am
Saturday - Sunday | 7:30am-12pm

SOUTH PLACE FAVOURITES

Crushed avocado with Orange & lime, sourdough toast & poached eggs (v) 607kcal	14.5
Eggs Benedict 528kcal.....	11.5
Eggs Royal 540kcal.....	14.5
Eggs Florentine (v) 472kcal	11.5
Three egg omelette 396kcal.....	12
<i>with a choice of fillings:</i> Cheddar cheese 123Kcal, tomato 6Kcal, mushroom 4Kcal, ham 48Kcal, onion 14Kcal, chili 5Kcal	
Breakfast roll, fried egg and Hollandaise sauce.....	9
<i>fillings: Cumberland sausage 827kcal, Steaky Bacon 753kcal, Crushed avocado 683kcal</i>	
Oak smoked salmon and scrambled eggs 510kcal.....	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.....	16
<i>Cumberland sausage, streaky bacon, slow roasted tomato, field mushroom, baked beans, Cumbrian black pudding, choice of egg: Poached eggs 999kcal, Fried egg 1161kcal, Scrambled egg 1001kcal</i>	
Full vegetarian breakfast	13
<i>Plant based sausage, slow roasted tomato, field mushroom, hash brown, baked beans, choice of eggs (v) Poached eggs 635kcal, Fried egg 590kcal, Scrambled egg 594kcal</i>	
Full vegan breakfast 613kcal.....	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)	8
<i>Available with milk 323kcal water 275kcal, oat milk 318kcal or almond milk 308kcal</i>	
Organic Greek style yoghurt (v) 352kcal.....	8
<i>with banana, nut granola & London honey</i>	
Coconut yoghurt, mixed berries (vg) 454kcal	9
<i>nut granola</i>	
Seasonal fruit plate (vg) 62kcal.....	10

SIDES

3.25 each

Sourdough toast, cultured English butter (v) 375kcal	
Cumberland sausage 281kcal	
Smoked streaky bacon 217kcal	
Cumbrian black pudding 222kcal	
Baked beans 111kcal	
Hash brown 158kcal	
Slow roasted tomato 62kcal	
Flat mushrooms 53kcal	
Crushed avocado with chili & lime 295kcal	

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

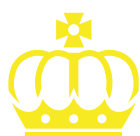
5 each

Orange 123kcal Apple 125kcal Pineapple 125kcal Cranberry 158kcal	
Rise & Shine 144kcal Pure Green 114kcal Grapefruit 114kcal	
Ginger Shot 7kcal	3.95

SELECTION OF TEAS

5 each

English breakfast 33kcal Earl Grey 33kcal	
Green Yunna Tea 0kcal Peppermint 0kcal	



STAYING WITH US?

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



VG - Vegan | V - Vegetarian - Adults need around 2000 kcal a day. Should you have any allergies or intolerances, please advise your server who will be happy to discuss them with you. Please note that whilst we minimise the risk of cross-contamination, we handle allergenic ingredients throughout our kitchens and cannot guarantee any allergen-free dishes. Our vegan dishes are made to vegan recipes but may not be suitable for guests with milk or egg allergies. A discretionary 15% service charge will be added to your total bill. Prices include VAT

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