

# • RISE AND SHINE •

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## CONTINENTAL BREAKFAST

Cereals, toast & preserves, juices, yoghurts, seasonal fruits

A selection of teas & coffees included

**£9.50**

## BREAKFAST FROM THE KITCHEN

Overnight bircher oats, Earl Grey plums **£4.50**

Gara Rock full English breakfast **£9.50**

Fried egg, black pudding & girolles **£9**

Kipper & Toast **£7**

Poached eggs, sourdough toast with:

Charred courgette, caper & pinenuts **£7.50**

'Nduja & vine tomato **£8**

Vanilla Coppa, Hollandaise **£8.50**

Bacon bap **£6**

Sausage bap **£6**

Please let us know of any dietary requirements.

All our produce is seasonal and sourced from sustainable and, whenever possible, local farms and fishermen.