

BREAKFAST

From the table

Freshly baked pastries

Croissant (257 kcal),

Pain au Chocolat (281 kcal)



Cereals (per 100g)

Granola (444 kcal), Coco pops (389 kcal)

Rice Krispies, (383 kcal), Weetabix (332 kcal)



Continental (per 100g)

Selection of cut fruit (50 kcal)

Greek yoghurt (125 kcal) 

Berry compote (87 kcal)

Poached prunes (265 kcal) 

Local ham (136 kcal), charcuterie, (438 kcal), cheese (402 kcal),

vine cherry tomatoes (22 kcal)  

Seeded flapjack (235 kcal per 100g)  

Selection of jams (70 kcal per 25g)

Honey (23 kcal per 25g)

Nutella (137 kcal per 25g)   

Marmite (110 kcal per 25g)  

Milk (42 kcal per 100ml) 

Butter (179 kcal per 25g) 

Juices (per 100g)

Apple (197 kcal), Orange (177 kcal),

Grapefruit (157 kcal)

Rescue Remedy

£14

Bloody Mary

Sapling Vodka, Lemon Juice, Tomato Juice,

The Fish's Spice Mix      

Morning Mimosa

Cotswold English Sparkling,

Orange Juice 

From the Kitchen

The Full Fish

(1333 kcal / 780 kcal)

Sausage, local back bacon, field mushroom, grilled tomato, black pudding, hash brown, baked beans, Billy's Eggs (*scrambled, poached or fried*)

The Full Vegan

(509 kcal)

Vegan bacon, plant based sausage, field mushroom, grilled tomato, hash brown, baked beans

The Full Vegetarian

Add Eggs  

Fried (2 each 200 kcal)

Poached (2 each 149 kcal)





Scrambled (2 each 289 kcal)

Eggs

Eggs Royale (370 kcal)    

Eggs Benedict (404 kcal)    

Eggs Florentine (312 kcal)    

Poached eggs, avocado, feta, chilli, lime, toasted sourdough (378 kcal)    

Porridge (per 100g)

Honey, banana, toasted seeds (550 kcal)



American pancakes

Maple syrup, blueberries (450 kcal)    

 Celery  Egg  Fish  Gluten

 Milk  Mustard  Nuts  Soya

 Sesame  Sulphur Dioxide