
























Breakfast

From the table








Drinks

Apple, cucumber and ginger smoothie,
orange juice, apple juice,
lemon water, cucumber & mint water

Freshly baked (Kcal per item)

Croissant (172 kcal)   
Pain au chocolat (187 kcal)   
Blueberry muffin (93 kcal)   
Apple & cinnamon muffin (63 kcal)   
Peanut butter protein balls (113 kcal)   
Flapjack (263 kcal)   
Prune & Earl Grey cake (162 kcal)    
Sourdough baguette (153 kcal) 

Cereals (Kcal per 100g)

Granola (408 kcal) , muesli (378 kcal)   ,
cornflakes (363 kcal) , bran flakes (320 kcal) ,
Cocoa pops (389 kcal) 

Continental

Whole banana (100 kcal), cut fruit (50 kcal)
Yoghurt, seeds, nuts, honey (170 kcal per 100g)
(*flaked almonds, walnuts, coconut flakes, pumpkin seeds, chia seeds*)  
Sliced Mortadella (75 kcal per 25g) 
Emmental (99 kcal per 25g) 
Sliced tomatoes (5 kcal per 25g)
Boiled eggs (78 kcal per egg) 
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) 

Rescue Remedy

£14

Bloody Mary

Sapling Vodka, lemon juice,
tomato juice, The Fish's spice mix



Morning Mimosa

Cotswold English sparkling wine,
orange juice 

From the Kitchen

The Full Fish

(1333 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)  

Chorizo shakshuka




Fried egg, hash brown, sriracha,
parsley (514 kcal)    

Eggs

Eggs Royale (370 kcal)     

Eggs Benedict (404 kcal)    

Eggs Florentine (312 kcal)    

Poached egg, avocado, chilli, lime,
toasted sourdough (378 kcal)   

American pancakes

Crispy bacon, maple syrup (530 kcal)



Porridge (per 100g)

Banana, toasted seeds
(*pumpkin seeds, sunflower seeds*)
(550 kcal) 