

BREAKFAST MENU

Monday - Friday 7am - 11.45am * Saturday - Sunday 8am - 11.45am

SMOOTHIES

Berry Beauty	£6
<i>mixed berries, banana and almond milk, yoghurt and honey</i>	
The Hulk	£6
<i>green apple, banana, kale, spinach, parsley, avocado and lemon</i>	
Rise and Glow Juice	£6
<i>Apples, beets, carrots turmeric, ginger and fresh orange juice</i>	

OATS

Steel-cut oat porridge	£7
<i>served with your choice of honey, golden syrup or maple syrup</i>	
Home-made granola	£9
<i>served with yoghurt and berries or yoghurt and berry compôte</i>	

TO DRINK

Angel selected teas or coffee	£5
Freshly squeezed orange juice	£4
Local organic apple juice	£4
Celery juice, made to order	£6

START THE DAY THE ANGEL WAY

£25

(Inclusive for guests on a bed and breakfast rate)

TO START

Orange or apple juice
tea or coffee and choice of toast

TO FOLLOW

Choose between the continental
or any dish from the
cooked, fish or eggs section of the menu

CONTINENTAL

Continental Selection	£18
<i>pastry, mixed cut fruits, home-made granola with yoghurt and a smoothie</i>	

FISH

Smoked haddock, poached eggs, spinach	£14
Scrambled egg and smoked salmon	£16

BREAD & PASTRIES

Bacon or sausage sandwich	£8
add a fried egg	+£1
add mushrooms	+£1

Two slices of white, granary, sourdough or gluten free toast with jam, marmalade, honey	£4
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Angel Bakery croissant with jam, marmalade, honey	£4
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COOKED

Cooked breakfast	£20
<i>pork sausage, back bacon, baked beans, black pudding, mushrooms and tomatoes, fried bread, choice of egg</i>	

French toast	£12
<i>with smoked streaky bacon and maple syrup</i>	

Vegetarian breakfast	£14
<i>vegetarian bacon and sausage, roast tomatoes and mushrooms, baked beans and choice of egg with toast</i>	

Vegan breakfast	£14
<i>oyster mushrooms and tomatoes, avocado, spinach, baked beans, toast</i>	

EGGS

Two on toast	£8
<i>poached, fried, scrambled or boiled</i>	
add smoked salmon	+£6
add avocado	+£6
add roast tomatoes	+£4
add baked beans	+£4

Royale	£14
<i>poached eggs and smoked salmon on a toasted muffin with hollandaise sauce</i>	

Benedict	£14
<i>poached eggs and home-cooked ham on a toasted muffin with hollandaise sauce</i>	

Florentine	£12
<i>poached eggs and spinach on a toasted muffin with hollandaise sauce</i>	

Gluten-free toast and dairy-free milk alternatives are available - please ask!