

## Breakfast Menu – Served from 9am – 10.45am (last orders 10.30am)

<b>Breakfasts</b>	<b>Allergens</b>	
<p><b>Full Cumbrian Breakfast</b>  <i>2 rashers smoked back bacon, Cumberland sausage ring, black pudding, mushroom, tomato, home-made potato cake, baked beans and a choice of fried, poached or scrambled egg</i></p>	<b>1, 3, 5, 7</b>	<b>£14</b>
<p><b>Full Vegetarian Breakfast</b>  <i>Vegetarian Cumberland sausage, fried halloumi, home-made potato cake, mushroom, tomato, baked beans and a choice of fried, poached or scrambled egg</i></p>	<b>1, 4, 7</b>	<b>£13</b>
<p><b>Full Vegan Breakfast</b>  <i>Vegan haggis, vegan sausage, home-made potato cake, mushroom, tomato &amp; baked beans</i></p>	<b>1</b>	<b>£13</b>
<p><b>Child's Breakfast</b>  <i>Cumberland sausage, bacon, potato cake, beans, fried egg</i></p>	<b>1, 3, 5, 7</b>	<b>£10</b>
<p><b>Breakfast extras (can be added to a full breakfast or breakfast butty)</b></p>		
<p>Choose from:</p>		
<b>2 Rashers of bacon</b>	<b>5</b>	<b>£2 each</b>
<b>Cumberland sausage</b>	<b>1, 3, 5</b>	<b>item</b>
<b>Halloumi</b>	<b>4</b>	
<b>Vegetarian sausage</b>	<b>1</b>	
<b>Vegan haggis</b>	<b>1</b>	
<p><b>Breakfast Muffins</b></p>		
<p>A toasted English muffin, 2 poached eggs &amp; home-made hollandaise sauce. Choose from:</p>		<p><b>** Gluten free available on request</b></p>
<p><b>Eggs Royale</b>  <i>Smoked salmon, horseradish, capers</i></p>	<b>1, 4, 5, 7, 10</b>	<b>£14</b>
<p><b>Eggs Benedict</b>  <i>Honey-roast ham, wholegrain mustard</i></p>	<b>1, 4, 5, 7</b>	<b>£13.50</b>
<p><b>Eggs Florentine</b>  <i>Buttered spinach with a hint of nutmeg</i></p>	<b>1, 4, 5, 7</b>	<b>£12.50</b>

## Breakfast Butties

Served on a white bap. Add extras from list above.

<b>Smoked bacon</b>	<b>1, 4, 5 **</b>	<b>£6</b>
<b>Cumberland sausage</b>	<b>1, 3, 4, 5</b>	
<b>Cumberland Vegetarian sausage</b>	<b>1, 4</b>	
<b>Halloumi &amp; Mushroom</b>	<b>1, 4, **</b>	
<b>Vegan haggis &amp; Mushroom</b>	<b>1</b>	
<b>Fried egg</b>	<b>1, 7, **</b>	

### Buttermilk Pancakes

*Served with maple syrup and butter*

**1, 4, 7** **£8**

**Add 2 slices of bacon**

**5 plus above** **£10**

### Smashed Avocado & Watercress

*Served on miller loaf with chilli oil (vegan)*

**1, 2, 8, 14, \*\*** **£11**

**Add two poached eggs (vegetarian)**

**1, 2, 7, 8, 14, \*\*** **£13**

### Lakeland Muesli

*The Artman Classic award-winning muesli, toasted by hand by Tim and Luke in their Cumbrian countryside kitchen. No added oil or salt and brimming with Almonds, Cranberries, Pumpkin seeds & raisins. Served with semi-skimmed milk (alternative milk available on request)*

**1, 2, 4, 5, 8, 14** **£6.50**

### Toast and Preserves

*2 slices of white or wholemeal toast served with butter Add jam, honey or marmalade*

**1, 2, 4, 14, \*\*** **£2**  
**£2.80**

### Porridge

*Home-made fresh as you order and served with honey, maple syrup or cinnamon sugar (vegetarian)*

**1, 4** **£6**

### Greek Yoghurt and Honey

**4** **£5.50**

### Allergens

<b>1. Cereal containing gluten</b>	<b>8. Nuts</b>
<b>2. Soya</b>	<b>9. Crustaceans</b>
<b>3. Celery</b>	<b>10. Fish</b>
<b>4. Milk</b>	<b>11. Molluscs</b>
<b>5. Sulphites</b>	<b>12. Lupin</b>
<b>6. Mustard</b>	<b>13. Peanuts</b>
<b>7. Egg</b>	<b>14. Sesame</b>
<b>** Denotes items that can be adapted to be Gluten-Free</b>	