



GRIDDLED SPOON BREAD BREAKFAST OUR VERSION OF CORN BREAD - CORNMEAL, CHEDDAR & SWEET CORN | 2 FRIED EGGS | JALAPENOS | BACON or HALOUMI | CHIMICHURRI SAUCE 11.50 V

MEAT FRY UP

TWO FRIED EGGS | BACON | SAUSAGE or BLACK PUDDING | MUSHROOMS | HEINZ BAKED BEANS | GRILLED TOMATO | WHOLEMEAL, SOURDOUGH OR GLUTEN FREE TOAST 12.95

NO MEAT FRY UP

FRIED PLANTAIN | HALLOUMI | TWO FRIED EGGS | MUSHROOMS | BAKED BEANS | GRILLED TOMATO | WHOLEMEAL, SOURDOUGH OR GLUTEN FREE TOAST 12.95 V

VEGAN FRY UP FRIED PLANTAIN | VEG SAUSAGE | MUSHROOMS | SPINACH | HEINZ BAKED BEANS | GRILLED TOMATO | WHOLEMEAL, SOURDOUGH OR GLUTEN FREE TOAST 12.95 Vgn

SOURDOUGH | WHOLEMEAL | GLUTEN FREE TOAST

BUTTER + SEVILLE ORANGE MARMALADE | STRAWBERRY JAM | PEANUT BUTTER | HONEY 3.25 V
3.75

BREAKFAST ITEMS

DESIGNING YOUR OWN BREAKFAST FROM SCRATCH MAY COST A BIT MORE

FREE RANGE EGGS FRIED OR POACHED 3.00 | SCRAMBLED EXTRA 95P (3 EGGS)

TOAST & BUTTER WHOLEMEAL 2.25 SOURDOUGH, GLUTEN FREE 2.75


HEINZ BAKED BEANS 1.30

MEAT BACON | BLACK PUDDING | SAUSAGES PORTION 2.75

SPUDS CHIPS 3.95 | SWEET POTATO FRIES 4.25

VEG GRILLED TOMATO 1.50 | SPINACH 4. | MUSHROOMS 2.25 | PLANTAIN 4.50 |
PEA + AVO GUACAMOLE DIP 1.95 | MAPLE-FLAVOURED SYRUP 1.00

IF YOU ARE SUBSTITUTING ONE OF YOUR BREAKFAST ITEMS W/ PLANTAIN OR SWEET POTATOES IT'S 1.50 EXTRA

Daily specials on the board or see our story on  @bannersN8

V Vegetarian Vgn Vegan

FOOD ALLERGIES & INTOLERANCES – if you have any food allergy or food intolerance, please alert us and ask our staff about the ingredients in your meal.

We can provide you with our allergy guide to our menu or you can access it via this QR code

