



GRIDDLED SPOON BREAD BREAKFAST OUR VERSION OF CORN BREAD - CORNMEAL, CHEDDAR & SWEET CORN | 2 FRIED EGGS | JALAPENOS | BACON or HALOUMI | CHIMICHURRI SAUCE 12.85 V

MEAT FRY UP

TWO FRIED EGGS | BACON | SAUSAGE or BLACK PUDDING | MUSHROOMS | HEINZ BAKED BEANS | GRILLED TOMATO | WHOLEMEAL, SOURDOUGH OR GLUTEN FREE TOAST 14

NO MEAT FRY UP

FRIED PLANTAIN | HALLOUMI | TWO FRIED EGGS | MUSHROOMS | BAKED BEANS | GRILLED TOMATO | WHOLEMEAL, SOURDOUGH OR GLUTEN FREE TOAST 14 V

VEGAN FRY UP FRIED PLANTAIN | VEG SAUSAGE | MUSHROOMS | SPINACH | HEINZ BAKED BEANS | GRILLED TOMATO | WHOLEMEAL, SOURDOUGH OR GLUTEN FREE TOAST 14 Vgn

WHOLEMEAL | SOURDOUGH or GLUTEN FREE TOAST

BUTTER + MARMALADE, STRAWBERRY JAM, PEANUT BUTTER, or HONEY 3.50 | 3.95

BREAKFAST ITEMS

DESIGNING YOUR OWN BREAKFAST FROM SCRATCH MAY COST A BIT MORE

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

TOAST & BUTTER WHOLEMEAL 2.75 SOURDOUGH, GLUTEN FREE 3.15


HEINZ BAKED BEANS 1.30

MEAT BACON | BLACK PUDDING | SAUSAGES PORTION 2.85

SPUDS CHIPS 3.95 | SWEET POTATO FRIES 4.75

VEG GRILLED TOMATO 1.50 | SPINACH 4. | GARLIC SPINACH 4.25 | MUSHROOMS 2.25 | FRIED PLANTAIN 4.75 | PEA + AVO GUACAMOLE DIP 1.95 | MAPLE-FLAVOURED SYRUP 1.00

IF YOU ARE SUBSTITUTING ONE OF THE ITEMS ON YOUR BREAKFAST MEAL 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

QR to our Allergen guide

FOOD ALLERGIES & INTOLERANCES – if you have any food allergy or food intolerance, you must alert us even if you think the allergen is not in your meal. Also, ask us for a printed allergen guide to the ingredients in your meal.

