

# MENU

## BREAKFAST

SERVED TILL 11.30AM / SUNDAYS TILL 1PM

**CREAMY PORRIDGE WITH SLICED BANANA, CREAM AND SERVED WITH HONEY**

**£5.75**

Swap honey Maple Syrup £1.10

Change to dairy Free Add £1.10

*CONTAINS OATS, MILK (100 % gluten free oats used)*

**HOME MADE PANCAKES SERVED WITH FRUIT AND HONEY**

**£6.95**

Swap honey for Maple Syrup £1.10

*CONTAINS EGG, MILK, WHEAT (\*Gluten Or Dairy Free Options)*

**PANCAKE STACK WITH BACON AND MAPLE SYRUP**

**£9.50**

*CONTAINS EGG, MILK, WHEAT (\*Gluten Or Dairy Free Options)*

Please check availability at time of order

**SWAMP BREAKFAST**

**£10.95**

2 Sausages, 2 Bacon, 2 Eggs, 1 Hash Brown, Beans, Grilled Tomatoes, Mushrooms, 1 Slice of Toast

*CONTAINS WHEAT, EGGS (GLUTEN FREE AVAILABLE ON REQUEST)*

**SMALL SWAMP**

**£8.95**

1 Sausage, 1 Bacon, 1 Egg, 1 Hash Brown, Beans, Grilled Tomatoes, Mushrooms, 1 Slice of Toast

*CONTAINS WHEAT, EGGS (GLUTEN FREE AVAILABLE ON REQUEST)*

**PLANTED SWAMP**

**£10.95**

2 Plant based Sausages, Tofu Scramble, 2 Hash Browns, Grilled Tomatoes, Mushrooms, Beans, Wilted Peppered Spinach, 1 slice of toast

*CONTAINS WHEAT, (BREAD) (GLUTEN FREE AVAILABLE ON REQUEST)*

**SMALL PLANTED SWAMP**

**£8.95**

1 Plant based Sausage, Tofu Scramble, 1 Hash Browns, Grilled Tomatoes, Mushrooms, Beans, Wilted Peppered Spinach, 1 slice of toast

*CONTAINS WHEAT, (BREAD) (GLUTEN FREE AVAILABLE ON REQUEST)*

## EGGS BENEDICT

£9.25

English Muffin Topped with 2 Bacon, 2 Poached Eggs, and Creamy Hollandaise Sauce

## EGGS FLORENTINE

£8.75

English Muffin Topped with Spinach 2 Poached Eggs and Creamy Hollandaise Sauce

## EGGS ROYAL

£10.95

English Muffin Topped with Smoked Salmon, 2 Poached Eggs and Creamy Hollandaise Sauce

## EGGS A LA SWAMP

£9.00

English Muffin with Smashed Avo, Topped with Poached Eggs, and Roasted Tomato Sauce

*CONTAINS EGG, WHEAT, SOYA, MILK. ROYALE CONTAINS FISH (GLUTEN FREE AVAILABLE ON REQUEST)*

## MEXICAN EGGS

£9.95

2 Corn Tortillas Topped with Refried Black Beans with Roast Tomato Sauce, 2 Fried Eggs, Avocado Chunks, Feta and A Sprinkle of Fresh Coriander

*(CONTAINS EGG, SOYA, SULPHITES) - Vegan Option with Falafel and Plant based feta*

## KEDGEREE

£9.50

Mild Curried Rice Served with Smoked Haddock and A Poached Egg

*CONTAINS EGG, FISH, MILK*

## EGGS AND TOAST.

2 Slices of Toast (Brown, White Or Gluten Free) Served with Your Choice of Egg Fried, Scrambled Or Poached £6.50 / Add Smoked Salmon £2.95 / Add Bacon £1.70 / Add Grilled Tomato's £1.10

*CONTAINS WHEAT, MILK (DF Available), EGGS*

## SMASHED AVOCADO & TOAST

2 Slices White, Brown Or Gluten Free toast served with a pot of smashed avocado & a lemon slice

£7.25

Add 2 poached eggs £8.95 / Add 2 Slices of Bacon £8.95 / Add 2 Grilled Tomatoes £8.25

*CONTAINS WHEAT, EGGS*

## BREAKFAST BUN (BROWN, WHITE OR GLUTEN FREE)

£5.95

Choose 3 items from

Bacon, Egg, Sausage, Plant based Sausage, Mushrooms, Grilled Fresh Tomato, Hash brown, Beans

Add extra Items for just £1.00 Each

*(PLEASE ASK STAFF FOR ALLERGEN INFO ON INDIVIDUAL ITEMS)*

*CONTAINS EGG, MILK, WHEAT, SOYA (GLUTEN FREE AVAILABLE ON REQUEST)*

We can make all our dishes Gluten free.

Please be aware that, although we are extremely allergen conscious, our kitchen utilises all 14 allergens and therefore a small risk of cross contamination is possible. Please speak to your server about any allergies or dietary requirements before ordering.