CAST IRON

RISE & SHINE BREAKFAST



BREAKFAST 854 kcal unlimited options from the hot hash brown, sausage, bacon, and cold buffet, juice, tea or any handcrafted coffee 22.00

BREAKFAST 870 kcal egg, tomato, toast, juice and tea or coffee 18.50

bakery basket, continental meats, bread rolls, condiments, juice and tea or coffee 16.00

your choice of porridge; chia pudding or homemade granola, fresh berries, skimmed milk, whole grain toast, juice and tea or coffee GOOD START 12 50

SIDES

BAKER'S BASKET **8**63 kcal butter and preserves 6.00

> TOASTED SALMON BAGEL 348 kcal cream cheese 9.00

2 EGGS ♥ 240 kcal cooked as you like them 3.00

GRILLED BACK BACON 70 kcal 3 50

> PORK SAUSAGE 90 kcal 3.50

OVEN BAKED HAM 162 kcal 3.50

OVEN ROASTED HASH BROWNS Ø 154 kcal 3.00

PADDY & SCOTT'S HOT DRINKS DOUBLE ESPRESSO 10 kcal 2.75 AMERICANO 15 kcal reg 3.00 lrg 3.25 FLAT WHITE 156 kcal 3.25

LATTE 135/160 kcal reg 3.25 lrg 3.75 CAPPUCCINO 159/179 kcal reg 3.25 lrg 3.75

MOCHA 394/468 kcal reg 3.50 lrg 4.00

HOT CHOCOLATE 98/198 kcal reg 3.25 lrg 3.75 LUXURY HOT CHOCOLATE 140/280 kcal reg 3.75 lrg 4.25

TEA 2 kcal breakfast tea / herbal teas reg 2.75 lrg 3.00

ICED COFFEE 15/25 kcal reg 3.00 lrg 3.25 FRAPPÉ 293/366 kcal

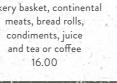
vanilla or chocolate reg 3.50 lrg 4.00

COLD PRESSED JUICE & BLENDS

FRESH JUICES 330ML 135 kcal seasonal selection 3.95

JETLAG CURE 201 kcal pineapple, parsley, grapefruit and celery 3.95

REJUVENATE 139 kcal carrot, ginger and apple



3.95

If you have any dietary requirements or are concerned about food allergies, e.g. nuts, you are invited to ask one of our team members for assistance when selecting menu items. Adults need around 2000 keal a day. All prices include VAT at the current rate. A discretionary 12.5% service charge will be added to your bill. I vegetarian I vegan gluten free.

