

THE Lampery

Continental Breakfast

Selection of Cereals (V) 5.5 Cornflakes, Alpen Muesli, Bran Flakes, Weetabix, Coco Pops, Rice Krispies <i>(average 170kcal per 45g serving)</i>	Yoghurt (V) 5 natural <i>(198kcal)</i> or fruit yoghurt <i>(210kcal)</i>
Pastries (V) 3.5 each Croissant <i>(306kcal)</i> Pain au Chocolat <i>(288kcal)</i> Danish Pastry <i>(315kcal)</i> Blueberry Muffin <i>(471kcal)</i> Chocolate Chip Muffin <i>(561kcal)</i>	Selection of Seasonal Sliced Fruits & Berries (V) <i>(115kcal)</i> 8
	Selection of Cured Meats & Cheeses <i>(497kcal)</i> 9.5
	Toast (V) 3.5 sliced white, brown, granary, or mixed butter & preserves <i>(458kcal)</i>

A La Carte

The Full Monty 16 cured back bacon, pork sausage, black pudding, grilled tomato, grilled mushroom, hash brown, baked beans, two free-range eggs cooked to your liking - fried, poached, scrambled <i>(1160kcal)</i>	Eggs Benedict 12 toasted English muffin, honey roast ham, soft poached free-range eggs & fresh hollandaise <i>(463kcal)</i>
The Full Vegetarian (V) 14 two free-range eggs - fried poached or scrambled, grilled tomato, vegan sausage, spinach, grilled mushroom, hash brown, baked beans <i>(619kcal)</i>	Eggs Royale 14 toasted English muffin, Scottish smoked salmon, soft poached free-range eggs & fresh hollandaise <i>(464kcal)</i>
The Full Vegan (VE) 14 crushed avocado, roasted tomato, vegan sausage, spinach, grilled mushroom, hash brown, baked beans <i>(504kcal)</i>	Eggs Florentine (V) 12 toasted English muffin, spinach, soft poached free-range eggs & fresh hollandaise <i>(478kcal)</i>
Avocado & Eggs (V) 14 crushed avocado, two poached free-range eggs, green chilli, coriander shoots & toasted sourdough <i>(664kcal)</i>	Three Egg Omlette 12 with a choice of ham, cheese, tomato, mushroom, spinach <i>(390kcal)</i>
Salmon & Eggs 14.5 Scottish smoked salmon, scrambled free-range eggs & toasted sourdough <i>(643kcal)</i>	Scottish Porridge (V) 8 fresh damson compote <i>(624kcal)</i>
Bacon Bap 8.5 with a choice of ketchup or brown sauce <i>(607kcal)</i>	Buttermilk Pancakes 10 grilled banana, honeycomb butter & maple syrup <i>(870kcal)</i> add smoked streaky bacon <i>(201kcal)</i> 3.5
add a fried egg <i>(127kcal)</i> 1.5	Eggs Your Way (V) 7.5 fried, poached, scrambled, boiled, served on toast <i>(370kcal)</i>
add a pork sausage <i>(190kcal)</i> 1.5	Bircher Muesli (V) 7.5 oats, apple, Greek yoghurt, mixed berries & toasted seeds <i>(354kcal)</i>

Extras

Spinach (VE) <i>(71kcal)</i> 3.5	Pork Sausage <i>(383kcal)</i> 3.5	Hash Brown (VE) <i>(163kcal)</i> 3.5
Grilled Tomato (VE) <i>(74kcal)</i> 3.5	Smoked Streaky Bacon <i>(201kcal)</i> 3.5	Baked Beans (VE) <i>(54kcal)</i> 3.5
Avocado (VE) <i>(125kcal)</i> 3.5	Unsmoked Back Bacon <i>(157kcal)</i> 3.5	Grilled Mushroom (VE) <i>(50kcal)</i> 3.5
Black Pudding <i>(138kcal)</i> 3.5		

Drinks

Espresso sgl 3.5 dbl 4.5	Tea Selection all 4.5
Cortado 4.5	English Breakfast, Earl Grey,
Americano 4.5	Green, Peppermint, Camomile,
Cappuccino 5	Lemon & Ginger, Cranberry,
Latte 5	Raspberry & Elderflower, Decaf
Macchiato 5	English Breakfast
Flat White 5	
Mocha 5	Fruit Juice all 4
Filter Coffee 4	Orange <i>(87kcal)</i> Apple <i>(148kcal)</i>
Hot Chocolate 5	Grapefruit <i>(135kcal)</i> Pineapple <i>(162kcal)</i> Cranberry <i>(73kcal)</i>

All coffees also available as decaf

Cocktails

Mimosa 12
Belstar Prosecco, Cointreau and fresh orange juice
Bloody Mary 12
Absolut Blue Vodka, tomato juice, Worcestershire sauce and Tabasco, finished with fresh celery

Bubbles

Belstar Prosecco, NV Brut, Italy <i>(125ml)</i> 9
Lanson Le Black Brut, NV, France <i>(125ml)</i> 13.5