

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>

À 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 Royale 14 toasted English muffin, Scottish smoked salmon, soft poached free-range eggs & fresh hollandaise <i>(464kcal)</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 Florentine (V) 12 toasted English muffin, spinach, soft poached free-range eggs & fresh hollandaise <i>(478kcal)</i>
The Full Vegan (VE) 14 crushed avocado, roasted tomato, vegan sausage, spinach, grilled mushroom, hash brown, baked beans <i>(504kcal)</i>	Three Egg Omelette 12 with a choice of ham, cheese, tomato, mushroom, spinach <i>(390kcal)</i>
Avocado & Eggs (V) 14 crushed avocado, two poached free-range eggs, green chilli, coriander shoots & toasted sourdough <i>(664kcal)</i>	Scottish Porridge (V) 8 fresh damson compote <i>(624kcal)</i>
Salmon & Eggs 14.5 Scottish smoked salmon, scrambled free-range eggs & toasted sourdough <i>(643kcal)</i>	Buttermilk Pancakes 10 grilled banana, honeycomb butter & maple syrup <i>(870kcal)</i> add smoked streaky bacon <i>(201kcal)</i> 3.5
Eggs Benedict 12 toasted English muffin, honey roast ham, soft poached free-range eggs & fresh hollandaise <i>(463kcal)</i>	Eggs Your Way (V) 7.5 fried, poached, scrambled or boiled, served on toast <i>(370kcal)</i>
	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 3.75 dbl 4.85	Tea Selection all 4.85
Cortado 4.85	English Breakfast, Earl Grey,
Americano 4.85	Green, Peppermint, Camomile,
Cappuccino 5.35	Lemon & Ginger, Cranberry,
Latte 5.35	Raspberry & Elderflower, Decaf
Macchiato 5.35	English Breakfast
Flat White 5.35	
Mocha 5.35	Fruit Juice all 4.3
Filter Coffee 4.5	Orange <i>(87kcal)</i> Apple <i>(148kcal)</i>
Hot Chocolate 5.35	Grapefruit <i>(135kcal)</i> Pineapple <i>(162kcal)</i> Cranberry <i>(73kcal)</i>

All coffees also available as decaf

Cocktails

Mimosa 14
Lanson Le Black Création
Champagne, orange juice,
Grand Marnier
Bloody Mary 12
Absolut Blue Vodka, tomato
juice, Worcestershire sauce and
Tabasco, finished with
fresh celery

Bubbles

Masottina Collezione 96 Extra Dry Prosecco NV 10
Italy (11% ABV) <i>(125ml)</i>
Lanson Le Black Création, NV Brut France 19
(12.5% ABV) <i>(125ml)</i>