

THE Lampery

Continental Breakfast

Selections of cereals **£5.50**
Alpen Muesli, Cornflakes, Bran flakes, Weetabix, Coco Pops, Rice Krispies (average 170kcal per 45g serving)

Croissant (306kcal) pain au chocolat (288kcal) Danish pastry (315kcal) blueberry (471kcal) or chocolate chip muffins (561kcal) (each) **£3.50**

Natural (198kcal) or fruit yoghurt (210kcal) **£5.00**

Selection of seasonal sliced fruit & berries (115kcal) **£8.00**

Selection of cured meats & cheeses (497kcal) **£9.50**

Toast **£3.50**
sliced white, brown, granary or mixed, with butter & preserves (458kcal)

A la Carte

The Full Monty **£16.00**
cured back bacon, pork sausage, black pudding, grilled tomato, mushroom, hash brown, baked beans, two free range eggs cooked to your liking - fried, poached, scrambled (1160kcal)

The Full Vegetarian **£14.00**
two free range eggs - fried poached or scrambled, grilled tomato, vegan sausage, spinach, grilled mushroom, hash brown, baked beans (619kcal)

The Full Vegan **£14.00** ✓
crushed avocado, roasted tomato, vegan sausage, spinach, grilled mushroom, hash brown, baked beans (504kcal)

Avocado Eggs **£14.00**
crushed avocado, two poached free-range eggs, chilli, coriander shoot & toasted sourdough (664kcal)

Eggs Benedict **£12.00**
toasted English muffin, honey roast ham, soft poached free-range eggs & fresh hollandaise (463kcal)

Eggs Royale **£14.00**
toasted English muffin, Scottish smoked salmon, soft poached free-range eggs & fresh hollandaise (464kcal)

Eggs Florentine **£12.00**
toasted English muffin, spinach, soft poached free-range eggs & fresh hollandaise (478kcal)

Salmon & Eggs **£14.50**
Scottish smoked salmon, scrambled free-range eggs & toasted sourdough (643kcal)

Three Egg Omelette **£12.00**
with a choice of ham, cheese, tomato, mushroom, spinach (390kcal)

Scottish Porridge **£8.00**
fresh damson compote (624kcal)

Bacon Bap **£8.50**
with a choice of ketchup or brown sauce (607kcal)
add fried egg (127kcal) **£1.50**
add pork sausage (190kcal) **£1.50**

Buttermilk Pancakes **£10.00**
grilled banana, honeycomb butter & maple syrup (870kcal)
add smoked streaky bacon (201kcal) **£3.50**

Bircher Muesli **£7.50**
oats, apple, Greek yoghurt, mixed berries & toasted seeds (354kcal)

Eggs your way **£7.50**
two free range eggs - fried poached or scrambled, served on toast (370kcal)

Extras

Black pudding (138kcal) **£3.50**

Pork sausage (383kcal) **£3.50**

Smoked streaky bacon (201kcal) **£3.50**

Unsmoked back bacon (157kcal) **£3.50**

Grilled mushroom (50kcal) **£3.50** ✓

Grilled tomato (74kcal) **£3.50** ✓

Hash brown (163kcal) **£3.50** ✓

Spinach (71kcal) **£3.50** ✓

Avocado (125kcal) **£3.50** ✓

Baked beans (54kcal) **£3.50** ✓

Coffees

Espresso	£3.50
Double espresso	£4.50
Cortado	£4.50
Americano	£4.50
Cappuccino	£5.00
Latte	£5.00
Macchiato	£5.00
Flat white	£5.00
Mocha	£5.00
Filter Coffee	£4.00
Hot Chocolate	£5.00

*All of our coffee's are
also available as decaf*

Twining's Tea Selection

English Breakfast	£4.50
Earl grey	£4.50
Green	£4.50
Peppermint	£4.50
Camomile	£4.50
Lemon & Ginger	£4.50
Cranberry, Raspberry & Elderflower	£4.50
Decaf English Breakfast	£4.50

Filtered Water

£1.00 of each sale of filtered water serves a real purpose. Belu give their profits to WaterAid and bring a more sustainable future to the table.

Good for people.

Good for planet.

Still (750ml) **£4.00**

Sparkling (750ml) **£4.00**

Juices

Orange	£4.00
Apple	£4.00
Grapefruit	£4.00
Pineapple	£4.00
Cranberry	£4.00

Cocktails

Bucks Fizz **£12.00**
*Lanson le Black Label Brut,
orange juice*

Bloody Mary **£12.00**
Absolut Vodka, tomato juice

Bubbles

*Da Luca Prosecco NV Brut, Italy,
125mls* **£9.00**

*Lanson le Black Label NV, Brut,
France 125mls* **£13.50**



“We eat heartily”

S. Pepys diary, 1665

All prices are inclusive of VAT. An optional 12.5% service charge will be added to your bill. All our food is prepared in a kitchen where food allergens are present. Our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please let us know before ordering. Full allergen information is available, please ask a team member for details