



HEALTHY OPTIONS BRUNCH MENU | SERVED DAILY 10.00AM - 12.30PM

OPTION A TRADITIONAL BREAKFAST	OPTION B ON A MUFFIN	OPTION C PROTEIN PANCAKES
<p>THE CLEAN BREAKFAST</p> <ul style="list-style-type: none">+ CHORIZO & SMOKED PAPRIKA BAKED BEANS+ SMOKED BACON+ GARLIC & ROSEMARY MUSHROOMS+ SOFT POACHED EGG+ LEAN SAUSAGE+ CHARGRILLED HALLOUMI	<p>AVOCADO SMASH & ROAST PEPPER SALSA WITH SOFT POACHED EGGS</p> <p>SOFT POACHED EGGS OVER SMOKED BACON & HOLLANDAISE SAUCE</p> <p>SOFT POACHED EGGS, WILTED SPINACH & HOLLANDAISE SAUCE</p> <p>GARLIC & ROSEMARY MUSHROOMS WITH WILTED SPINACH</p>	<p>AMERICAN SMOKED BACON, BLUEBERRIES & MAPLE SYRUP</p> <p>BRITISH GOLDEN SYRUP, LEMON JUICE & BLUEBERRIES</p> <p>FRENCH GARLIC & ROSEMARY MUSHROOMS WITH CREAM CHEESE</p>
£6.95	£5.50	£4.50

ALL PRODUCTS LOCALLY SOURCED. NO REFINED SUGARS, ADDITIVES OR PRESERVATIVES. ALL FOOD COOKED FRESH DAILY ON SITE BY OUR TEAM OF CHEFS

STEP 1 CHOOSE YOUR PROTEIN		STEP 2 CHOOSE YOUR 2 CARBS		STEP 3 CHOOSE YOUR SAUCE		VIGOUR CLASSICS
GO REGULAR £7.95	BAKED CAJUN TOFU		ROASTED BABY POTATOES	ADD AN EXTRA CARB +£1.50	MINT & CUCUMBER YOGHURT	BRAISED BEEF HOT POT, ROAST BABY POTATOES & RED CABBAGE
	CHARGRILLED HALLOUMI		STEAMED GREENS		BEETROOT & FETA	KING PRAWN & SPICED CHICKEN RISOTTO
	THAI FISHCAKES		ORANGE & POMEGRANATE COUS COUS		GARLIC & HERB HUMMUS	LEAN BEEF BURGER & ROASTED BABY POTATOES
	GARLIC & LEMON CHICKEN		CHORIZO & PAPRIKA BAKED BEANS		SWEET CHILLI KETCHUP	HALLOUMI & AVOCADO BURGER WITH ROASTED BABY POTATOES
	HONEY & CUMIN FALAFEL		PESTO & PINE NUT PASTA		CARIBBEAN BBQ SAUCE	ROAST VEGETABLES, PESTO & PARMESAN PASTA
GO LARGE +£2.00	SALT & PEPPER CHICKEN	+£1.50	SWEET POTATO MASH		BASIL PESTO	
	JERK SPICED PORK STEAK	+£1.50	COCONUT, CORIANDER & SESAME RICE		HONEY & MUSTARD DRESSING	
	PAPRIKA & GINGER KING PRAWNS	+£1.95	PEA & BACON RISOTTO		CURRY MAYONNAISE	
	PAN SEARED SEA BASS	+£2.50	CRANBERRY & ANISEED RED CABBAGE			
	CAJUN RUMP STEAK	+£2.50	CHILLI & SPRING ONION NOODLES			
			HONEY ROAST CARROT & PARSNIP			
			CAULIFLOWER & QUINOA SUPER-FOOD			
1-2-3 HEALTHY CHOICES + COMPLIMENTARY SALAD / KIDS EAT HALF PRICE						£8.95

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