



## ***Breakfast***

*Orange and Cranberry Granola served with yogurt* <sup>(VE)</sup> **£6** (374 Kcal)

*Handmade pancakes, fruit & maple syrup* <sup>(VE)</sup> **£6** (747 Kcal)

*Yoghurt, blueberries & chopped dates* <sup>(GF,VE)</sup> **£5** (109 Kcal)

*Poached egg on toasted sourdough* <sup>(GFA)</sup> **£6** (673 Kcal)

*Bacon Roll* **£6** (531 Kcal)

*Croissant & preserves* <sup>(VE)</sup> **£4** (533 Kcal)

*Porridge served with maple syrup* <sup>(VE)</sup> **£4** (514 Kcal)

*Toast & preserves* <sup>(GFA,VE)</sup> **£3** (533 Kcal)

*Bread made without Gluten available on request*



Statement of daily calorie needed (adults need around 2000 kcal a day)

GF - Made without Gluten    GFA - Gluten free available

Concerns about allergies & intolerances? Visit [allergymenu.uk](http://allergymenu.uk) & enter the code BAN474

Please make a member of staff aware of any food intolerances, allergies or dietary requirements you have, when placing your order. More information on ingredients is available on request. Our restaurant kitchen handles all ingredients, therefore some products may not be suitable for those with allergies. Please ask for allergen information or inform us of your intolerances, allergies and/or dietary requirements every time you visit as ingredients may have changed since your last purchase.