

# BREAKFAST

## BREADS, TOASTS & BAKED GOODS

All served with cream or Himalayan salt butter, cherry & cinnamon or strawberry & lemon grass

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|--|------|---|------|
| Selection of sourdough bread rolls:<br>Poppy seeds, quinoa, spinach & nuts | £3   | Toasted plain white or rye bread  | £2.5 |
| Muffins: Blueberry, triple chocolate or<br>lemon & poppy seed              | £3.5 | Sour mother dough pastries:<br>Cinnamon & walnuts, chocolate or croissant | £3.5 |

## COOKED DISHES

All our eggs are sourced directly from free range farms

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|--|-----|--|-----|
| Two soft boiled eggs, hay ray bread soldiers   | £6  | Baked egg avocado, fried halloumi<br>& bacon crumbs  | £10 |
| Salted crushed avocado, pickled Isle of Wight<br>tomato & poached egg on pumpnickel  | £10 | Severn & Way oak smoked salmon,<br>Chive, crème fraîche bagel  | £12 |
| Hen, beans & grains congee, century egg  | £13 | <b>Eggs Benedict</b> , duck egg, cured woodlands<br>ham & truffle hollandaise  | £11 |
| <b>Egg Florentine</b> , duck egg, wild mushroom,<br>spinach & truffle hollandaise  | £11 | <b>Egg Royal</b> , hen eggs, oak smoked salmon<br>& yuzu hollandaise   | £12 |
| <b>Full Soak:</b><br>Organic cured streaky bacon, Gloucestershire<br>Old Spot sausage, black pudding, slow roasted<br>Isle of Wight tomato, butter roasted portobello<br>mushroom, baked beans & hash browns | £15 | <b>Soak Continental:</b><br>Selection of cured & air-dry meats from<br>farms, smoked & cured fish, mature cheese,<br>Isle of Wight tomatoes, caperberries,<br>bread & butter | £12 |
| Omelette Arnold Bennett, spring onions<br>& Isle of Mull cheddar   | £12 |  |     |

## FEEL GOOD FACTOR

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|---|-----|--|----|
| Egg white omelette, heritage tomato, mixed<br>peppers & spinach | £11 | Rolled jumbo oats porridge, wild honey<br>& goji berries | £7 |
| Roasted honey & nuts granola, almond milk                       | £8  | Bowl of Greek yoghurt, berries, nuts & seeds             | £8 |

## SWEET FINISH

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| Brioche French toast, caramelized<br>banana & crispy yoghurt | £9 | Blueberry-buttermilk pancake,<br>honey butter | £9 |
| Sourdough waffle, berries & birch syrup                      | £9 |   |    |