

*Sam's*  
BAR & KITCHEN

# BREAKFAST MENU

<b>Sam's Full English Breakfast</b>	£17.5
3 sausages, 2 bacon, 2 fried eggs, 2 hash browns, white or brown toast, mushrooms, tomato, beans <i>G   SO   E   SU   CEL   MU   M</i>	162 Kcal
<b>Sam's Vegetarian Breakfast</b> (V)	£16
2 vegan sausages, 2 fried eggs, 2 hash browns, white or brown toast, tomato, mushrooms, beans <i>G   SO   E   M</i>	160 Kcal
<b>Sam's Vegan Breakfast</b> (VG)	£14.5
2 vegan sausages, 2 hash browns, tomatoes, mushrooms, beans, crushed avocado, white or brown toast <i>G   SO</i>	142 Kcal
<b>Poached Eggs &amp; Crushed Avocado</b> (V)	£10
Wholemeal toast, chilli, pomegranate <i>G   SO   E   CEL   MU</i>	143 Kcal
<b>Thick Greek Style Yogurt Bowl</b> (V)	£8.5
Kiwi, strawberry, crunchy granola, maple <i>M   G   N</i>	61 Kcal
<b>Sweet American Style Pancakes</b> (V)	£8.5
Blueberry & golden syrup <i>G   E   M</i> 136 Kcal or Streaky bacon & maple <i>G   E   M</i> 345 Kcal	
<b>Warm Porridge</b> (V) Blueberry compote, seeds <i>G   N   P   SO   M   SE   SU</i> 77 Kcal	£6.5
<b>White or Brown Toast</b> (V) 2 Slices, butter, preserves <i>G   SO   M</i> 298 Kcal	£4

## BREAKFAST ROLLS

<b>Bacon</b> <i>G   M   SE</i> 225kcal   <b>Sausage</b> <i>G   SU   SO   E   SE   CEL   MU   M</i> 324kcal	£6
<b>Fried Egg</b> (V) <i>G   E   M   SE</i> 221kcal	
<b>Additional Items</b>	£1.5
Black pudding <i>G</i> 122 Kcal   Hash browns (VG) 186 Kcal	
Crushed avocado (VG) 176 Kcal   Mushrooms (VG) 33 Kcal	

## SMOOTHIE & SHAKES

<b>On The Greens Smoothie</b> (V) Banana, spinach, ginger, turmeric <i>M</i> 83 Kcal	£7
<b>Super Berry Breakfast Shake</b> (V) Mixed berries, banana, coconut <i>M   SU</i> 123 Kcal	£7

*G* Gluten   *M* Milk   *SU* Sulphates   *SE* Sesame   *SO* Soya   *E* Eggs   *MU* Mustard   *MO* Molluscs   *N* Tree Nuts  
*CR* Crustaceans   *L* Lupin   *F* Fish   *CEL* Celery   *P* Peanuts   (V) Vegetarian   (VG) Vegan   (GF) Gluten Free



All kcal at 100g. Adults need around 2,000 kcals per day.

All prices are inclusive of VAT at the current rate. All weights where stated are approximate prior to cooking. We endeavour to ensure limited use of genetically modified food ingredients.

For special dietary requirements or allergy information, please speak with a member of staff before ordering or visit our allergens information page on [www.thebelfry.co.uk/allergens](http://www.thebelfry.co.uk/allergens).



Made from 100% recycled materials