



## BREAKFAST MENU

MONDAY - FRIDAY

7.30AM - 10:30AM

### FROM THE BAKERY

Toasted Sourdough | Seeded whole meal 4

Croissant 5.5

Pain au Chocolate 6.5

*All served with homemade preserves and Ampersand butter*

### FRUITS, SEED & NUTS

Sael granola, Hollis mead yoghurt, Somerset honey 9

Add Berries 4.5

Overnight Millbury Hill oats, almond and Braeburn apple compote 9

Sael Acai bowl, Banana, Chia Seed 10.5

Stock Oat Porridge, Honey 10.5

### LAMINATED BREAKFAST CROISSANT

Spanish breakfast 15.5

*(Poached egg, chorizo, red pepper, coriander)*

New Forest mushroom, cackle bean egg, parmesan 15.5

### EGGS

Sael Big Daddy 21

*(full English in brioche bun)*

Eggs on grilled sourdough 15.5

*Poached, fried, scrambled or boiled*

Tornado eggs, chorizo or black pudding 15.5

Buckwheat Pancakes, streaky bacon, Maple syrup 14

Green Hollandaise Benedict, avocado, crispy bacon 15

### EXTRAS

Hash browns 6.5 - Smoked bacon 5 - Cumberland sausage 5.5 - Black pudding 5 - Sael spiced beans 4.5

Wood-fired tomato 4.5 - New Forest mushrooms 5.5

### SMOOTHIES 10

Peach, almond, raspberry

Banana, peanut, yoghurt

Green Super Shake

### JUCES 5

Apple - Orange - Grapefruit

### COCKTAILS 11

Yuzu Mimosa

Raspberry Bellini

Espresso Martini

Sael Bloody Mary

Breakfast Martini