



BREAKFAST MENU

MONDAY - FRIDAY

7.30AM - 10:30AM

FROM THE BAKERY

Toasted Sourdough | Seeded whole meal 4

Croissant 5

Pain au Chocolate 6.5

All served with homemade preserves and Ampersand butter

FRUITS, SEED & NUTS

Sael granola, Hollis mead yoghurt, Somerset honey 7

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

EGGS

Sael Big Daddy 21

(full English in brioche bun)

Eggs on grilled sourdough 11

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

JUICES 5

Apple

Orange

Grapefruit

COCKTAIL 11

Yuzu Mimosa

Raspberry Bellini

Espresso Martini

Sael Bloody Mary

Breakfast Martini