

# Breakfast & brunch

Available until 11.45am  
Member price | standard price

Please inform your server of any allergens as ingredients are subject to availability  
1: CELERY, 2: CEREALS, 3: CRUSTACEANS, 4: EGGS, 5: FISH, 6: LUPIN, 7: MILK, 8: MOLLUSCS, 9: MUSTARD, 10: PEANUTS, 11: SESAME, 12: SOYBEANS, 13: SULPHUR DIOXIDE, 14: NUTS

## Traditional breakfasts

Choose toast and eggs:

~ white (2), malted wheat (2), sourdough (2), gluten free (4)  
~ fried, poached, scrambled (7)

**Big Breakfast: £14.40 | £18.00**

two free-range eggs, two pork sausages, two smoked bacon, grilled tomato, two hash browns, chestnut mushrooms, baked beans, two slices of toast (2, 4, 7)

**Full English breakfast: £11.20 | £14.00**

a free-range egg, local pork sausage, two smoked bacon, grilled tomato, hash brown, chestnut mushrooms, beans, toast (2, 4, 7)

**Vegetarian breakfast: £11.20 | £14.00**

two free-range eggs, two plant-based sausages, grilled tomato, hash brown, chestnut mushrooms, wilted spinach, beans, toast (2, 4, 7) v

## Wrapped & loaded

**Loaded hash browns: £8.40 | £10.50**

four hash browns, two poached eggs, sriracha hollandaise (4, 7, 13) v/gf  
~ shredded beef brisket: £11.60 | £14.50  
~ smashed avocado: £9.60 | £12.00 v

**Breakfast wrap: £9.60 | £12.00**

hash browns, scrambled egg, smoked bacon, sausage, cheese, tortilla wrap (2, 4, 7)  
~ perfect to take away - just ask!

Nutritional  
information



## The Kitchen Collab

Personal Trainer Collection



v Protein pancakes: £10.40 | £13.00

three American-style pancakes, 20g Bulk protein, banana, blueberries, Greek yoghurt, chia seeds (2, 4, 7)

v Home-made granola: £7.20 | £9.00

maple, vanilla and honey-baked oats, toasted almonds, Greek yoghurt, blueberries (2, 4, 7)

v Porridge: £5.60 | £7.00

Add protein scoop: £0.80 | £1.00

choose milk: whole / soya / skimmed / oat  
choose two: maple / banana / toasted almonds / blueberries (2, 7, 14)

v/gf Three egg omelette: £8.80 | £11.00

choose either: whole egg / egg white  
choose two: ham, spinach, bacon, tomato, mushrooms, cheese, feta (4, 7, 9, 13)

**Salmon, avocado, scrambled eggs:**

£11.60 | £14.50

Smoked salmon, avocado, free-range scrambled eggs, sourdough /gluten free toast (2, 4, 5)

**Avocado, poached eggs:**

£9.60 | £12.00

Smashed avocado, two free-range eggs, two slices of sourdough/gluten free toast (2, 4, 7)  
~ add back bacon: £2.00 | £2.50

# Light bite breakfast

Available until 11.45am

Buttermilk pancakes: £9.60 | £12.00  
a stack of three American-style pancakes  
~ maple syrup, crispy back bacon  
~ blueberries, banana, Greek yoghurt v  
(2, 4, 7)

Breakfast bap: £6.40 | £8.00  
a soft white, buttered bap (2, 7) with choice of:  
three back bacon / two pork or plant-based  
(2) sausages / two free range eggs (4)

Toast and preserves: £3.20 | £4.00  
two slices of toast with butter and jam  
choose: white/malted/sourdough/gluten free  
(2, 4, 7, 13)

Toasted teacake: £3.20 | £4.00  
with butter and jam (2, 7, 13)

# From the counter

Freshly-baked pastries: from £3.25

Wolfy's Protein Porridge: £3.20 | £4.00 (2, 7)  
~ perfect for takeaway

Protein shake: £3.92 | £4.90 (7)  
20g Bulk Protein ~ Cookies and Cream/Vanilla/  
Salted Caramel/Chocolate Chip/Plant-based  
Chocolate or Vanilla

Smoothie: from £3.96 | £4.95  
see the Menu Board at the Bar for flavours -  
freshly-made to order

We're proud to bring you  
eggs from The Brown Egg Farm in Talaton,  
Holsworthy pork sausages, meat from mid-  
Devon farms, fish from Brixham & locally-  
grown vegetables wherever possible.

# Eggs

Eggs Benedict: £9.60 | £12.00  
buttered, toasted muffin, ham,  
two free-range poached eggs,  
hollandaise, chives (2, 4, 7, 13)

Eggs Royale: £11.60 | £14.50  
buttered, toasted muffin, smoked salmon, two  
free-range poached eggs, hollandaise, dill  
(2, 4, 5, 7, 13)

v Eggs on toast: £6.80 | £8.50  
two eggs on two slices of toast  
choose: scrambled / poached / fried  
choose: white/malted/sourdough/gluten free  
(2, 4, 7)

# Children's breakfast

Children's full English: £8.00 | £10.00  
one free-range egg, pork sausage, one  
bacon, hash brown, beans, toast (2, 4, 7)  
~ vegetarian available on request

# Sides & extras

Smoked salmon (5): £4.80 | £6.00

Half avocado / two slices back bacon /  
pork sausage / plant-based sausage (2):  
£2.00 | £2.50 each

Hash brown / free-range egg (4) /  
grilled tomato / baked beans /  
mushrooms / wilted spinach (7):  
£1.60 | £2.00

ALL FOOD IS PREPARED IN A KITCHEN WHERE NUTS, GLUTEN &  
OTHER KNOWN ALLERGENS MAY BE PRESENT. WE TAKE CAUTION TO  
PREVENT CROSS-CONTAMINATION, HOWEVER ANY PRODUCT MAY  
CONTAIN TRACES AS MENU ITEMS ARE PRODUCED IN THE SAME KITCHEN.