



Breakfast Menu

Monday - Friday
7:30am - 10:30am

From the Bakery

Toasted sourdough | Seeded whole meal 4

Croissant 5

Pain au Chocolate 6

Chocolate and pistachio babka 6

All served with homemade preserves and Ampersand butter

Fruits, Seeds and Nuts

Sael granola, Hollis Mead yoghurt, Somerset honey 8
+ berries 4.5

Overnight Milbury Hill oats, almond and Braeburn apple compote 8

Sael Açai bowl, banana, Chia seeds 9.5

Stock oat porridge, honey 9.5

Laminated Breakfast Croissant

Spanish breakfast 14

(baked egg, chorizo, red pepper, coriander)

New Forest mushroom, cackle bean egg, parmesan 14

Eggs

Sael 'Big Daddy' 19.5

(full English in a brioche bun)

Eggs on grilled sourdough 11

Poached, fried, scrambled or boiled

Tornado eggs with chorizo or black pudding 14

Buckwheat pancakes, streaky bacon, Maple syrup 13

Green Hollandaise benedict, avocado, crispy bacon 14

Bavette steak, mushroom, egg, BBQ pineapple HP 19

Extras

Hash browns 6 - Smoked bacon 4.5 - Cumberland sausage 5 - Black pudding 4.5 - Sael spiced beans 4

Wood-fired tomato 4 - New Forest mushrooms 5

Smoothies 9

Peach, almond, raspberry

Banana, peanut, yoghurt

Green Super Shake

Juices 5

Apple - Orange - Grapefruit

Cocktails 10

Yuzu Mimosa

Raspberry Bellini

Espresso Martini

Sael Bloody Mary

Breakfast Martini