



Breakfast Menu

Monday - Friday

7am - 10:30am

From the Bakery

Toasted Sourdough | Brioche | Seeded wholemeal 4

Croissant 5

Pain au Chocolate 6

All served with homemade preserves and Ampersand butter

Fruits, Seeds and Nuts

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

Seasonal fruit, overnight oats, almond butter 9

Sael Açai bowl blackberries, lemon Verbena 9

Sandos

Smoked bacon or Cumbrian sausage 15

+ egg 5 + hash brown 5

Lincolnshire Poacher and York ham 14

+ egg 5

Scrambled egg, hot sauce, black pudding 14

Mushroom steak, avocado, grilled halloumi 14

Eggs

Eggs on grilled sourdough 11

Poached, fried, scrambled or boiled

Sael 'Big Daddy' (for two) 18pp

Full English (in bun or naked)

Tortilla eggs, chorizo, black pudding 14

With chorizo or black pudding

Buckwheat waffles, streaky bacon, Birch Sap 13

Green Hollandaise Benedict, avocado, crispy bacon 14

Bavette steak, Kai Dao eggs 19

Extras

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

Wood-fired tomato 4 - New Forest mushrooms 3.5

Juices 5

Apple - Orange - Grapefruit - Watermelon

Smoothies

Peach, almond, raspberry 9

Banana, peanut, yoghurt 9

Green Super Shake 9