





JUICES		TEA & COFFEE		
Apple, Beetroot, Carrot, Ginger 389 kcal Passion Fruit, Apple, Ginger 271 kcal	6.5 7	Espresso 64 kcal, Macchiato 153 kcal Ristretto 64 kcal Double Espresso 64 kcal, Americano 120 kcal	3.5	
Cucumber, Kale, Apple, Lemon 194 kcal Fresh Orange Juice 234 kcal	7 5.5	Latte 268 kcal, Cappuccino 262 kcal	4.25	
Apple Juice 255 kcal	4.5	Flat White 269 kcal Mocha, Hot Chocolate 385 kcal	5	
B A K E R Y	4.0	Teas By Brew Tea Co English Breakfast, Earl Grey, Fresh Mint, Green, Lemon & Ginger	4.5	
Home Baked Croissant 302 kcal	3.5	Blueberry Muffin 357 kcal	4	
Pain Au Chocolat 296 kcal	3.5	Toast & Jam White bread 585 kcal Brown bread 557 kcal	4	
FRUIT & GRAINS		BIG PLATES		
Seasonal Fruit Plate 229 kcal Scottish Oat Porridge 758 kcal	7.5 6	Avocado Sourdough Toast (vg) rocket salad, tomato & Habanero salsa 644 kcal	13	
bananas, berries & honey	O	English Garden Breakfast (v) 1207 kcal	16	
Vegan Scottish Oat Porridge (vg) 743 kcal oat milk, bananas, berries & maple syrup	7	avocado, halloumi, 2 poached eggs, beans, mushro toasted sourdough	oms,	
Granola 937 kcal natural yoghurt, fruit compote & honey	6	Bluebird's Full English 1253 kcal 2 poached eggs, bacon, sausage, black pudding, be tomato, mushrooms, toasted sourdough	16 eans,	
Vegan Granola (vg) 1199 kcal coconut yoghurt, fruit compote & maple syruş	8			

EGGS

Eggs Benedict 784 kcal poached eggs, English muffin, hollandaise, ham	13.5	Eggs Any Style 429 kcal rare breed eggs, toasted sourdough	7
Florentine 661 kcal poached eggs, English muffin, hollandaise, spinach	14	Loch Fyne Smoked Salmon 542 kcal Burford brown scrambled eggs, toasted sourdough	15
Royale 775 kcal poached eggs, English muffin, hollandaise, salmon	15.5	Bacon or Sausage Brioche Roll 749 kcal /671 kcal fried egg, bacon, or Cumberland sausage,	9



