

LIVE FOR TODAY • FARM FOR TOMORROW



HELEN BROWNING'S

Royal Oak Breakfast menu

Much of your breakfast is sourced from our own organic Eastbrook Farm - including wheat for the bread and pastries, pork for bacon and sausages, apples for the fruit, fruit for some jams, and greens whenever you need them

Farmhouse Full £14

Our own cured bacon & sausages; sautéed mushrooms; egg cooked your way: fried, scrambled or poached, gridled sourdough

Veggie Full £12

Roast veg from the farm; sautéed mushrooms; gridled sourdough; egg cooked your way: fried, scrambled or poached

Smoked Salmon, scrambled egg, sourdough £14

Smoked Haddock, wilted greens, poached egg, sourdough £13

Omelettes

Arnold Bennett (smoked haddock, white sauce) £12

Bacon, cheese and/or mushroom £12: Plain £10

Eggs Royale (salmon) £13; **Eggs Benedict** (ham) £12;

Eggs Florentine (wilted greens) £11

In a Bun: Bacon £7; Sausage £8; Sausage & bacon £9

Mushrooms or Eggs on sourdough £8

Granola/Muesli £5.50

With milk, yogurt and/or fruit

Porridge £7

With honey/maple syrup/cinnamon

Sourdough toast £4

With Jam/Honey

Pastries £2 each

Coffee, freshly ground £3.30 - £3.80

Pot of Clipper tea £3

Earl Grey, Peppermint, and lots more!

Apple Juice 175ml (our own!) £3

We generally have gluten free bread & non-dairy milk available.

We can cater for vegans, obviously.

Allergies ABCD...potential allergen alert. There are nuts in the cereals.

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Weekdays: 8 – 9.30am Weekends and Bank Holidays: 8.30 – 10am

