# BIRCHWOOD PARK

• BREAKFAST MENU •

Welcome, we have a great selection of tasty breakfasts for you to choose from. Whether you choose to savour a light bite with a coffee, or tuck in to something more substantial - we look forward to serving you today...

## THE CLUBHOUSE<sup>\*</sup> 1062Kcal £13.00

Two rashers of back bacon, Cumberland sausages, hash brown, grilled tomato, two fried eggs, flat mushroom, Heinz baked beans & toast

#### FAIRWAY\* (V) 931Kcal £11.50

Vegan sausages, grilled tomato, hash brown, two fried eggs, flat mushroom, crushed avocado, Heinz baked beans & toast

# THE GREEN\* (VE) 803Kcal £12.00

Vegan sausages, grilled tomato, hash brown, flat mushroom, crushed avocado, Heinz baked beans with a slice of ciabatta

#### PAR 5<sup>\*</sup> 584Kcal £9.50

Cumberland sausage, bacon, Heinz baked beans, fried egg, flat mushroom & toast

#### **SMOKED SALMON &** SCRAMBLED EGGS\* (GF) 428Kcal £11.25

Oak smoked Scottish salmon with scrambled eggs

#### EGGS BENEDICT<sup>\*</sup> 535Kcal **£9.25**

Toasted muffin, British honey roast ham, poached eggs & Hollandaise sauce

#### EGGS ROYALE<sup>\*</sup> 553Kcal £11.25

Toasted muffin, oak smoked Scottish salmon, poached eggs & Hollandaise sauce

# **CRUSHED AVOCADO &**

POACHED EGGS\* (V) 679Kcal £9.50 Poached eggs set on crushed avocado & red onion, served on toasted ciabatta bread

## **BREAKFAST EXTRAS £2.25** ADD ONE OR MORE OF THE FOLLOWING TO YOUR COOKED BREAKFAST...

Cumberland sausage 141Kcal / Back bacon 120Kcal / Hash brown 116Kcal / Eggs (scrambled 66Kcal, poached 66Kcal, or fried 90Kcal) / Grilled tomato 22Kcal / Flat mushroom 17Kcal / Heinz baked beans 111Kcal / Crushed avocado 160Kcal / Toast 105Kcal

\*ADD A GLASS OF EAGER FRESH JUICE 81Kcal FOR JUST £2.50 WITH EVERY COOKED BREAKFAST PURCHASE. (VARIETY OF FLAVOURS AVAILABLE)

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#### SANDWEDGE 266Kcal £6.25

Bacon 240Kcal or Cumberland sausage 282Kcal



#### FLOURED BAP 239Kcal £6.25

Bacon 240Kcal or Cumberland sausage 282Kcal

UPGRADE TO CIABATTA BREAD 304Kcal FOR £2.25

### **TOAST £5.50**

WITH YOUR CHOICE OF ANY ONE OF THE FOLLOWING

Heinz baked beans 383Kcal / Flat mushroom 300Kcal / Crushed avocado 432Kcal / Cheddar cheese 454Kcal / Scrambled egg 423Kcal / Fried egg 471Kcal / Poached egg 423Kcal / British honey roasted ham 307Kcal

#### TOAST WITH JAM (V) 312Kcal £3.00

# TOASTED TEA CAKE (V) 418Kcal £3.00

# PORRIDGE (V) 472Kcal £5.00

Topped with seasonal berries and your choice of honey, golden syrup or maple syrup

THE CAFÉ LAVALLA	REGULAR	LARGE
Flat White	<b>£3.25</b> 71Kcal	
Americano	<b>£2.75</b> 5Kcal	<b>£3.00</b> 10Kcal
Cappuccino	<b>£3.15</b> 109Kcal	<b>£3.55</b> 154Kcal
Café Latte	<b>£3.15</b> 109Kcal	<b>£3.55</b> 154Kcal
Macchiato	<b>£3.15</b> 109Kcal	<b>£3.55</b> 154Kcal
Espresso	<b>£2.60</b> 5Kcal	<b>£2.80</b> 10Kcal
Hot Chocolate	<b>£3.15</b> 268Kcal	<b>£3.55</b> 308Kcal
English Breakfast Tea	<b>£2.65</b> OKcal	<b>£4.15</b> OKcal
Herbal Tea£3.00 OKcal£4.15 OKcal(Earl Grey, Camomile, Peppermint, Green tea, Red bush, Jasmine, Lemongrass & ginger)		

#### ADD A TOASTED TEA CAKE (V) 418Kcal **TO YOUR HOT DRINK FOR JUST £ 2.50**

All our dishes may contain traces of nuts and other allergens. Please advise your server if you have any allergies. Full written allergy and intolerance information is available.

(V) Vegetarian (VE) Vegan (GF) Gluten Free

Adults need around 2000 Kcal a day



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