

il PAMPERO

BREAKFAST

MENU



SPECIALS

Spelt vanilla fluffy pancakes with blueberries and maple syrup £ 9.50

Coconut and blackberry gluten free pancakes £ 9.50

Peanut butter and jelly French toast with pouring cream £ 8.50

Classic porridge with sea salt, golden syrup and pouring cream on the side £ 6.50

Toasted English muffins OR toast with butter and homemade jams £ 4.50

EGGS & MORE

EGGS FLORENTINE £ 11.00

EGGS BENEDICT £ 12.00

EGGS ROYALE £ 13.00

WHITE EGGS £ 10.00
Spinach, feta, mushroom and egg white frittata

SCRAMBLED EGGS £ 6.00
Add any of the following £ 2.00 (per item)

Broccoli, courgettes, pesto, cottage cheese, onions, tomato, spinach

Smoked salmon (supplement) £ 3.00

THREE EGG OMELETTE £ 10.00
With your choice of:

Cheese, ham, mushrooms, spinach, onion, turkey, smoked mackerel

TURKEY BENEDICT £ 13.50
Turkey patty, guacamole, crispy kale and chipotle hollandaise

BAKED EGGS £ 12.00
Braised chick peas and Swiss chard with a selection of warm flat breads

HEALTHY OPTIONS

Seasonal fruits £ 8.50

Almond milk quinoa porridge with goji berries £ 8.50

Avocado smashed on rye bread toast, topped with poached eggs and chilli £ 10.00

Chia seeds, almond and blackberry bircher muesli £ 7.50

Spelt and coconut milk porridge. Served with mango, papaya and homemade jams (Winner of the London porridge championship, 2015) £ 8.50

Granola with Greek yoghurt £ 6.50

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À LA CARTE

MENU



CONTINENTAL BUFFET

A selection of freshly baked pastries and clarkes bakery breads with homemade jam, cereals and granola.

Homemade pastries, wheat free-spelt banana bread, wake up granola bars and fruit salad.

Neal's Yard natural yoghurt, with Earl Grey poached Agen prunes and seasonal compote.

House roasted honey glazed ham and artisan produced cold cuts, smoked mackerel, marmalade glazed turkey and cheeses.

£ 17.50

FULL

ENGLISH BREAKFAST £ 19.50

Free range pork sausages, bacon, roasted plum tomatoes, field mushrooms, grilled award winning black pudding, baked beans and eggs.

VEGETARIAN

ENGLISH BREAKFAST £ 16.00

Brussels sprout bubble and squeak, roasted plum tomatoes, field mushroom, baked beans and eggs.

SIDES

Crispy streaky bacon £ 3.00

Sliced avocado £ 3.00

Grilled tomatoes £ 3.00

Roasted field mushrooms £ 3.00

Akawi cheese £ 4.00

Full mesdames £ 4.00

Cottage cheese £ 3.00

Grilled pork sausages £ 4.00

Grilled chicken sausages £ 4.00

Black pudding £ 4.00

Steamed spinach £ 3.00

Warm flat bread £ 2.00

Labneh and Zatar £ 3.00

Smoked salmon £ 7.50

HOT DRINKS

HOT CHOCOLATE £ 3.50

ESPRESSO £ 3.20 / £ 3.70

FILTER COFFEE £ 4.50

AMERICANO £ 4.50

LATTE £ 4.50

CAPPUCCINO £ 4.50

FLAT WHITE £ 4.50

JING TEA

BLACK £ 4.50

Earl Grey, English Breakfast, Lapsang Souchong

GREEN £ 4.50

Jade Sword (Organic and Fairtrade)

HERBAL £ 4.50

Rooibos, Chamomile, Peppermint

WHITE £ 4.50

Jasmine Silver Needle

* dairy free options available

JUICES



POPEYE

Cucumber, spinach, kale, apple, ginger, lemon

ANTIOXIDANT BERRY

Blueberries, blackberries, raspberries, yoghurt and bee pollen

SUNSHINE

Carrot, apple, ginger

LIVER CLEANSING

Beetroot, mint, apple, celery

PROTEIN POWER PUNCH

Avocado, mint, white grape, almonds, lime, agave syrup

METABOLISM BOOSTER

Pineapple, chili, mint, lime, agave syrup

£ 7.00 / all juices