

SPECIALS

Vanilla fluffy pancakes with blueberries & maple syrup	£ 9.50
Coconut & blackberry gluten free pancakes	£ 9.50
Peanut butter & jelly french toast	£ 8.50
Classic porridge	£ 6.50
Toasted english muffins OR toast with butter	£ 4.50

EGGS & MORE

EGGS FLORENTINE	£ 11.00	THREE EGG OMELETTE	£ 10.00
EGGS BENEDICT	£ 12.00	With your choice of: Cheese, Ham, Mushrooms, Spinach, Onion, Turkey	
EGGS ROYALE	£ 13.00	TURKEY BENEDICT	£ 13.50
WHITE EGGS	£ 10.00	Turkey Patty, Guacamole, Crispy Kale, Chipotle Hollandaise	
Spinach, Feta, Mushrooms and Eggs White Frittata		BREAKFAST RISOTTO	£ 12.00
SCRAMBLED EGGS	£ 6.00	Chorizo & Summer Vegetables with Poached Egg	
Add one of following	£ 2.00	BAKED EGGS	£ 12.00
Broccoli, Courgettes, Pesto, Cottage Cheese, Onions, Tomato, Spinach, Smoked Salmon (Supplement)	£ 3.00	Braised Chickpeas & Swiss chard with Warm Flat Breads	

HEALTHY OPTIONS

Seasonal fruits	£ 9.50
Goji berry, daily free, almond quinoa porridge	£ 9.50
Avocado smashed on rye bread toast, topped with poached eggs and chilli	£ 10.00
Chia seed, almond & blackberry bircher muesli	£ 7.50
Spelt and oat dairy free coconut, mango & papaya porridge homemade jams (Winner of the London Porridge Championship 2015)	£ 9.50
Granola with greek yoghurt	£ 6.50

il PAMPERO

BREAKFAST

MENU



CONTINENTAL BUFFET

A selection of freshly baked pastries & clarkes bakery breads with jam, cereals & granola.
House made pastries, banana bread, wake up granola bars & fresh fruit salad.
Neal's yard dairy natural yoghurt, with earl grey poached agen prunes.
Ham, Artisan produced cold cuts & cheeses.

£ 17.50

FULL

ENGLISH BREAKFAST £ 19.50

Free range pork sausages & bacon, roasted plum tomatoes & field mushroom, grilled award winning black pudding, Heinz beans and eggs

VEGETARIAN

ENGLISH BREAKFAST £ 16.00

Bubble & squeak, roasted plum tomatoes & field mushroom, Heinz beans & eggs

SIDES

Crispy streaky bacon	£ 3.00	Grilled pork sausages	£ 4.00
Sliced avocado	£ 3.00	Grilled chicken sausages	£ 4.00
Grilled tomatoes	£ 3.00	Black pudding	£ 4.00
Roasted field mushrooms	£ 3.00	Steamed spinach	£ 3.00
Akawi cheese	£ 4.00	Warm flat bread	£ 2.00
Full mesdames	£ 4.00	Labneh & Zatar	£ 3.00
Cottage cheese	£ 3.00	Smoked Salmon	£ 7.50

HOT DRINKS

HOT CHOCOLATE	£ 3.50
ESPRESSO	£ 3.50
FILTER COFFE	£ 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	

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 / Glass

For allergen information, please speak to a member of our team

il PAMPERO

BREAKFAST

MENU



