

SPECIALS

- Fluffy vanilla pancakes with blueberries & maple syrup £ 10.50
- French toast with strawberries & bananas £ 8.50
- Classic porridge with sea salt & golden syrup £ 6.50
- Spelt & oat dairy-free porridge, with dry pineapple & coconut flakes £ 9.50
- Toasted English muffins OR toast with butter & jams £ 4.50
- Nutella & banana crêpes £ 8.50

EGGS & MORE

- EGGS FLORENTINE £ 12.00
English muffin with poached eggs, spinach and hollandaise sauce
- EGGS BENEDICT £ 12.00
English muffin with poached eggs, cooked Italian ham and hollandaise sauce
- EGGS ROYALE £ 13.00
English muffin with poached eggs, smoked salmon and hollandaise sauce
- TURKEY BENEDICT £ 13.00
English muffin with poached eggs, cured turkey breast and hollandaise sauce
- AVOCADO ON TOAST £ 10.00
Fresh sliced avocado on sourdough toast, topped with poached eggs & chilli
- ASPARAGUS AND EGGS £ 12.00
Boiled asparagus with poached eggs & hollandaise sauce

- THREE EGG OMELETTE £ 10.00
With a choice of three:
Cheese, Ham, Mushrooms, Spinach, Onions, Tomatoes, Turkey
Smoked salmon (supplement) £ 6.00
- EGG WHITES FRITTATA £ 10.00
With a choice of three:
Cheese, Ham, Mushrooms, Spinach, Onions, Tomatoes, Turkey
Smoked salmon (supplement) £ 6.00
- THREE EGG SCRAMBLED £ 10.00
With a choice of three:
Cheese, Ham, Mushrooms, Spinach, Onions, Tomatoes, Turkey
Smoked salmon (supplement) £ 6.00

HEALTHY OPTIONS

- Seasonal fruits £ 9.50
- Mixed berries £ 12.00
- Hazelnut & berries bircher muesli £ 7.50
- Granola with Greek yoghurt £ 6.50
- Chia seed & coconut yoghurt £ 8.00

il PAMPERO

BREAKFAST

MENU



CONTINENTAL BUFFET

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

Pastries, wheat-free spelt banana bread, wake up granola bars & fresh fruit salad.
Dairy natural yoghurt & fruit yoghurt, frittata, Agen prunes & seasonal compote.
Artisan produced cold cuts & cheeses
Coffee, tea, juice & toast.

£ 20.00

FULL

ENGLISH BREAKFAST £ 22.50

Free range pork sausages, bacon, roasted plum tomatoes, field mushrooms, black pudding, baked beans & eggs. Coffee, tea, juice & toast.

VEGETARIAN

ENGLISH BREAKFAST £ 18.00

Hash brown, roasted plum tomatoes, field mushrooms, baked beans & eggs.
Coffee, tea, juice & toast.

SIDES

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| Grilled tomatoes £ 3.00 | Crispy streaky bacon £ 4.00 |
| Roasted field mushrooms £ 3.00 | Black pudding £ 4.00 |
| Greek yoghurt £ 3.00 | Steamed spinach £ 4.00 |
| Soft cheese £ 3.00 | Grilled halloumi £ 4.00 |
| Warm flat bread £ 3.00 | Smoked salmon £ 6.00 |
| Sliced avocado £ 4.00 | Grilled pork sausages £ 4.00 |
| Feta cheese £ 4.00 | Grilled chicken sausages £ 4.00 |

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
- MATCHA LATTE £ 5.50
- TURMERIC LATTE £ 5.50
- RED VELVET BEETROOT
LATTE £ 5.50

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

SMOOTHIES



POPEYE
Cucumber, spinach, kale,
apple, ginger, lemon

£ 7.00 / Glass

LIVER
CLEANSING
Beetroot, mint, apple,
celery

£ 7.00 / Glass

SUNSHINE
Carrot, apple, ginger

£ 7.00 / Glass

ANTIOXIDANT
BERRY
Blueberries, blackberries,
raspberries, yoghurt & bee
pollen

£ 9.00 / Glass

PROTEIN POWER
PUNCH
Avocado, mint, white
grape, almonds, lime,
agave syrup

£ 9.00 / Glass

METABOLISM
BOOSTER
Pineapple, chilli, mint,
lime, agave syrup

£ 9.00 / Glass

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