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<b>Lakeland Bake Crumpet</b>	£2.25	<b>Porridge</b>	£3.00
With jam and butter		With syrup & sultanas or	
Warm maple syrup, almonds,	£5.00	seasonal compote	
banana and sultanas		<b>Croissant</b>	£2.00
<b>Artisan bread or toast</b>	£2.00	with Jam and Butter	
with jam and butter ask for		<b>Pain au chocolate</b>	£2.00
today's options			

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## Rheged's *Cumbrian* Breakfasts

<b>Full breakfast</b>	£9.50	<b>Lighter breakfast</b>	£5.00
Bacon, Cumberland sausage from		Your choice of three breakfast	
our butchery, Doreen's famous		items, plus toast  	
black pudding, Haggis, breakfast		<b>Eggs &amp; Avocado</b>	£6.50
potatoes, slow-roast tomato, herby		Two poached free range eggs on	
mushrooms, home-made baked		toasted sourdough bread with	
beans and your choice of egg +		crushed avocado 	
toast		<b>Eggs on toast</b>	£4.50
<b>Vegetarian breakfast</b>	£9.00	Eggs your way  	
Free range egg, homemade baked		<b>Breakfast roll</b>	£4.50
beans, grilled halloumi, slow		Two breakfast items 	
roast tomato, herby mushrooms,		<b>Bacon or Sausage roll</b>	£4.50
breakfast potatoes, roasted		Add an egg 75p	
peppers.  			
<b>Vegan breakfast</b>	£7.50		
Homemade baked beans on toasted			
focaccia, breakfast potatoes, herby			
mushrooms, slow roast tomato,			
roasted peppers, vegan sausage  			

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ALLERGY ADVICE Many of our dishes can be tailored to suit dietary requirements - please speak to a member of our team.

 Gluten Free  Gluten Free Available  Vegetarian  Vegetarian Available  Vegan