



GIRAFFE
Breakfast Menu

Eggs Benedict Chorizo

BIG BREAKFASTS

Add **ANY JUICE** for

GIRAFFE'S BIGGER BRUNCH

Three smokey bacon rashers, two Cumberland sausages, baked beans, two fried or scrambled eggs, two hash browns, roasted vine tomatoes, flat mushroom and bloomer toast.

BIG BRUNCH

Smokey bacon, Cumberland sausage, baked beans, fried or scrambled eggs, roasted vine tomatoes, flat mushroom and bloomer toast.

GIRAFFE'S BIGGER VEGGIE BRUNCH (V)

Fried or scrambled eggs, avocado smash, roasted vine tomatoes, flat mushrooms, Linda McCartney sausage, halloumi, hash browns, bloomer toast and beans.

VEGGIE BRUNCH (V)

Sweetcorn fritters, avocado smash, roasted vine tomatoes, flat mushrooms, baked beans, fried or scrambled eggs and bloomer toast.

VEGAN BRUNCH (VG) ♥ <600 KCALS

Scrambled tofu 'eggs', Linda McCartney sausage, roasted vine tomatoes, flat mushrooms, avocado smash and bloomer toast.

GLUTEN FREE BRUNCH (GF) ♥ <600 KCALS

Smokey bacon, baked beans, fried or scrambled eggs, roasted vine tomatoes, avocado smash, flat mushrooms and gluten free toast.

BENNY BURGER

Beef patty, smokey bacon, fried egg, tomato and hollandaise sauce served in a soft bun with skin on fries.

HUEVOS RANCHEROS ♥ <600 KCALS

Soft tortilla with chorizo, spicy black beans, melted cheese, avocado and tomato salsa. Topped with a fried or scrambled egg.

> Option with flat mushroom (V)

> Corn tortillas available (GF)



FLIPPING PERFECT PANCAKES

THE MAPLE BACON

Smokey bacon and maple flavoured syrup.

NUTELLA AND BANANA (V)

A sweet treat in the morning of Nutella and banana.

THE BLUE BANANA (V)

Get fruity with banana and blueberry compote.

THE CLASSIC (V) ♥ <600 KCALS

Flipped fresh, with lashings of maple flavoured syrup.

HEALTHY MORNINGS

All our eggs are free range.

EGGS BENEDICT CHORIZO ♥ <600 KCALS

Toasted English muffin, buttered and topped with chorizo, soft poached eggs, hollandaise sauce and fresh salsa.

AVOCADO SMASH (V) ♥ <600 KCALS

Morning sunshine! Avocado smash on bloomer toast, with roasted vine tomatoes and a touch of chilli.

Swap to a gluten free toast (GF).

+ Chicken + Poached Egg + Smoked Salmon

PORRIDGE (V) ♥ <600 KCALS

With strawberries and banana. Drizzled with maple flavoured syrup and scattered with pumpkin and sunflower seeds. Vegan?

Dairy free alternatives are available, choose from soya, almond, oat, coconut and rice milk (VG)

GRANOLA FRUIT BOWL (V) ♥ <600 KCALS

Crunchy, golden granola with coconut yoghurt, fresh strawberries and a blueberry compote.

EGGS BENEDICT

Two poached eggs, smokey bacon, on toasted muffins and topped with hollandaise sauce.

EGGS ROYALE ♥ <600 KCALS

Two poached eggs, smoked salmon, on toasted muffins and topped with hollandaise sauce.

EGGS FLORENTINE (V) ♥ <600 KCALS

Two poached eggs, flat mushrooms, wilted spinach on toasted muffins and topped with hollandaise sauce.

SMOKED SALMON AND SCRAMBLED EGGS

Served on bloomer toast with roasted vine tomatoes. Swap to a gluten free toast (GF).



Avocado Smash

SUNSHINE SMOOTHIES

SMALL

LARGE

BLENDED WITH YOUR CHOICE OF APPLE JUICE OR COCONUT WATER.

BREKKIE SMOOTHIE (VG) (GF) ♥ <300 KCALS

Rise and shine with gluten free rolled oats, flax seeds, blueberry, raspberry and banana.

PROTEIN SMOOTHIE (GF) ♥ <300 KCALS

A great tasting fruity Protein boost combining whey protein, spirulina, chlorella and a crop of summer fruits.

STRAWBERRY SPLIT (VG) (GF) ♥ <300 KCALS

A luscious mix of strawberries and banana.

PASH 'N' SHOOT (VG) (GF) ♥ <300 KCALS

A delicious tropical concoction of passion fruit, pineapple and mango.

KALE KICK (VG) (GF) ♥ <300 KCALS

Queen of the greens! Kale, spinach and mango.

PINEAPPLE PUNCH (VG) (GF) ♥ <300 KCALS

A perfect mix of pineapple, mango, kiwi and strawberry.

COCO LOCO (VG) (GF) ♥ <300 KCALS

Go crazy with a deliciously tropical cocktail of coconut, pineapple and mango with a dash of mint and lime.

DETOX-ZING (VG) (GF) ♥ <300 KCALS

A Great Taste award winner and a real favourite smoothie as long as you love a hit of ginger!

JUICES & OTHER THIRST QUENCHERS

100% ORANGE JUICE / APPLE JUICE

Small Large

SUNSHINE COAST ICED TEA

Ice cold chamomile & green tea with mango, lime and fresh mint.

PINEAPPLE / POMEGRANATE / CRANBERRY JUICE

Small Large

SPARKLING / STILL MINERAL WATER

PEPSI Small Large

PEPSI MAX / 7UP FREE

Small Large

CUPPAS ANY HOT DRINK IN A BIG MUG

AMERICANO

FLAT WHITE

ESPRESSO

MACCHIATO

CAPPUCCINO

CAFFÈ LATTE

CLASSIC ICED COFFEE

HOT CHOCOLATE

+ MARSHMALLOWS

YORKSHIRE TEA

SPECIALITY TEAS

ASK YOUR SERVER FOR OUR

RANGE OF TEAS.

'MOROCCAN' FRESH

MINT TEA

ADD ONS

+ Vanilla, hazelnut or caramel syrup

Decaf coffee available.

Dairy free alternatives are available, choose from soya, almond, oat, coconut and rice milk.

We love **UNION COFFEE**.

It's all we use. This is because it's hand-roasted in small batches, ensuring the finest quality and taste. Plus, they work directly with smallholder farmers who are paid a fair price.

♥ <600 KCALS 600 calories or under.

♥ <300 KCALS 300 calories or under.

(V) Contains no meat or fish.

(VG) Contains no animal products.

(GF) Gluten Free.

All our eggs are free range.

BREKKIE MEAL DEAL!

A MEAL + A REGULAR HOT DRINK, SODA OR A BREKKIE JUICE FOR

BACON AND EGGS ♥ <600 KCALS

Smokey bacon with a choice of either fried or scrambled eggs with bloomer toast.

Swap to a gluten free toast (GF).

ULTIMATE SANDWICH

In a soft baked roll, topped with a hash brown and a fried egg.

> Cumberland sausages

> Bacon

PORRIDGE (V) ♥ <600 KCALS

With strawberries and banana. Drizzled with maple flavoured syrup and scattered with pumpkin and sunflower seeds. Vegan? Dairy free alternatives are available, choose from soya, almond, oat, coconut and rice milk (VG)

SCRAMBLED TOFU (VG) ♥ <600 KCALS

Scrambled tofu 'eggs', roasted vine tomatoes, bloomer toast.

SIDES

GLUTEN FREE TOAST (GF)

BLOOMER TOAST (V)

BAKED BEANS (VG) (GF)

HASH BROWNS (VG)

BACON (GF)

SAUSAGES

LINDA MCCARTNEY SAUSAGES (VG) 1

MUSHROOM (VG) (GF)

ROASTED TOMATOES (VG) (GF)

FRIED EGGS / SCRAMBLED EGGS (V) (GF)

AVOCADO SMASH (VG) (GF)

SWEETCORN FRITTERS (V)

HALLOUMI (V)

HOMEFRIES (VG)

If you have any food allergies or intolerances, please let your server know before ordering. Whilst we make every effort to control cross-contamination, our ingredients are manufactured and our dishes are prepared in environments where allergens are present. We cannot therefore guarantee that any item on our menu is allergen-free. Please check the allergen information each time you visit our restaurant as we may update our recipes. Please ask your server for details. Please be aware that whilst the ingredients used within our vegetarian and vegan meals are suitable for these diets, the dishes are prepared and cooked in the same kitchen as the rest of the dishes on our menu and therefore we cannot guarantee that they do not contain traces of animal products. Please note an optional service charge will be added to your bill for the benefit of our team.



FOR ALLERGEN INFO AT YOUR FINGERTIPS PLEASE SCAN THE QR CODE.