# CAST IRON

### RISE & SHINE BREAKFAST

#### FRUIT, YOGHURTS & CEREALS

#### COCONUT OVERNIGHT BANANA OATMEAL @ 139 kcal

pumpkin, vanilla, passion fruit and pumpkin seeds 4.50



## CHIA BREAKFAST PUDDING @ 380 kcal

almond milk, raspberries, fruits and toasted almonds 4.50



## GRANOLA PARFAIT 425 kcal

yoghurt, pearl barley, apples, goji berries and cinnamon syrup 4.50

#### EGGS

#### CLASSIC OMELETTE 220 kcal

ham, cheddar and hash brown 8.50

#### EGG WHITE OMELETTE 400 kcal

spinach, tomato, goat's cheese and hash brown 8.50

#### SMOKED SALMON OMELETTE 267 kcal

cream cheese and hash brown

9.00

#### SCRAMBLED EGGS 440 kcal

bacon, grilled tomato and toast 8.50

## EGGS BENEDICT 331 kcal

English muffin, bacon and hollandaise 8.50

#### LOCAL

#### TOASTED ENGLISH MUFFIN 912 kcal grilled bacon, egg or sausage

5.00 BREAKFAST PAN 914 kcal grilled back bacon, fried eggs,

#### Cheddar and sour dough 7.50

## SMOKED SALMON 485 kcal

avocado, watercress and wholemeal toast 10.00

#### SIGNATURES

#### SMASHED AVOCADO 471 kcal

grilled spelt and beetroot bread 6.00



#### HOT PORRIDGE 359 kcal

cinnamon, maple syrup and toasted almonds 4.00

#### BUTTERMILK PANCAKES 426 kcal

whipped butter and warm apricot syrup 5.50

WHATEVER YOU LOVE FOR BREAKFAST, IT'S EXPERTLY MADE AND FULL OF FLAVOUR. ENJOY.

#### CLASSIC BREAKFAST

## FULL ENGLISH BREAKFAST 854 kcal

and cold buffet, juice, tea or any handcrafted coffee 22.00

#### ALL BRITISH BREAKFAST 870 kcal

unlimited options from the hot hash brown, sausage, bacon, egg, tomato, toast, juice and tea or coffee 18 50

#### CONTINENTAL 964 kcal bakery basket, continental

meats, bread rolls, condiments, juice and tea or coffee 16.00

#### GOOD START ♥ 452 kcal your choice of porridge; chia pudding or homemade granola, fresh berries, skimmed milk, whole grain toast, juice and tea or coffee

12.50



#### PADDY & SCOTT'S HOT DRINKS

DOUBLE ESPRESSO 10 kcal 2.75

> AMERICANO 15 kcal reg 3.00 lrg 3.25 FLAT WHITE 156 kcal

3.25 **LATTE** 135/160 kcal reg 3.25 lrg 3.75

CAPPUCCINO 159/179 kcal reg 3.25 lrg 3.75

MOCHA 394/468 kcal reg 3.50 lrg 4.00

HOT CHOCOLATE 98/198 kcal reg 3.25 lrg 3.75

## LUXURY HOT CHOCOLATE

140/280 kcal reg 3.75 lrg 4.25

TEA 2 kcal breakfast tea / herbal teas reg 2.75 lrg 3.00

ICED COFFEE 15/25 kcal

reg 3.00 lrg 3.25

FRAPPÉ 293/366 kcal vanilla or chocolate

reg 3.50 lrg 4.00

## SIDES

## BAKER'S BASKET 863 kcal

butter and preserves 3.00

#### TOASTED SALMON BAGEL 348 kcal

cream cheese

8.00

## 2 EGGS ♥ 240 kcal

cooked as you like them 3.00

#### GRILLED BACK BACON 70 kcal 3.50

PORK SAUSAGE 90 kcal 3.50

OVEN BAKED HAM 162 kcal 3.50

OVEN ROASTED HASH BROWNS 154 kcal 3.00

### **COLD PRESSED JUICE & BLENDS**

#### FRESH JUICES 330ML 135 kcal

seasonal selection 3.95

JETLAG CURE 201 kcal

pineapple, parsley, grapefruit and celery 3 95

REJUVENATE 139 kcal

carrot, ginger and apple 3.95



