

# Canteen

# BRUNCH MENU

## PORRIDGE, YOGHURT AND FRUIT POTS

- Creamy organic porridge pot with banana and cinnamon (gl, m) £1.95
- Honey and homemade granola yoghurt pot (gl, n, m) £1.95
- High-fibre berry and granola yoghurt pot (gl, n, m) £2.95
- Bircher Muesli – Homemade granola soaked in yoghurt, honey and freshly grated apple, topped with mixed seeds (gl, n, m) £2.75
- Fresh fruit pot of the day (see board for today's choice) £1.95

## BREAKFAST BAPS

- Meatless Farm vegan sausage, spinach and ketchup £3.95
- Grilled Suffolk sausage patty and poached free-range egg (gl, n) £3.25
- Crispy Suffolk back bacon £2.95
- Sausage patty, bacon, and poached free-range egg (gl, e) £3.75
- Smashed avocado with halloumi and sweet chilli jam (m) £3.95

**All served in a soft bakery bap served with two hash browns (gl)**



## WAFFLES AND AMERICAN PANCAKES

- Belgian waffle (gl, e, m, soy)
  - American pancakes, stack of three (gl, e, m)
- Pancake and waffle toppings:**
- Berry compote and vanilla yoghurt (m) £3.50
  - Sliced banana and maple syrup £2.95
  - Nutella chocolate sauce and chopped mixed nuts (m, n, soy) £2.95

## FRESH FRUIT, COOKIES AND CAKES

- Pastel de Nata (glu, e, m) £1.20
- Vegan brownie (gl, n) £1.80
- Vegan pecan, maple and oat granola slice (gl, n) £1.25
- Fresh fruit – banana, orange apple or pear £0.50

## FRESHLY SQUEEZED AND PRESSED DRINKS

- Freshly squeezed orange juice £1.75
- Freshly squeezed pink grapefruit juice £1.75
- Pressed cloudy apple juice £2.00
- Breakfast smoothie of the day (see board for today's choice) £2.75

**A regular coffee, water or regular soda fountain drink is included with our Breakfast Boxes.**

## FREE RANGE 3 EGG OMELETTE

- Plain (e) £1.95
- Fresh herbs (e) £1.95
- Cheddar cheese (e, m) £2.50
- Crispy back bacon (e) £2.50

## BREAD

- Two slices of buttered, white farmhouse toast (gl) £1.00
- Two slices of buttered, wholemeal toast (gl) £1.00
- Buttered bakery bap (gl) £1.00

**Add Marmite, strawberry jam, marmalade or Nutella (n) for 40p**

## BREAKFAST BOXES

- Grilled halloumi, roasted field mushrooms, two freshly poached eggs, beans and a grilled tomato (m, e) £4.50
- Meatless Farm sausage, hash brown, beans, roasted field mushrooms and a grilled tomato £4.50
- Build your own breakfast box from a choice of:
  - 5 items - £3.95
  - 7 items - £4.95
  - 10 items - £6.50

