

Breakfast

The Seal Big Breakfast	12.95
Two eggs, two back bacon rashers, two sausages, one hash brown, grilled mushroom, two slices of toast, black pudding, grilled tomato or baked beans (ask for gf)	
Full English Breakfast	9.95
One egg, one back bacon rasher, one sausage, one hash brown, grilled mushroom, one slice of toast & grilled tomato or baked beans (ask for gf)	
Express Breakfast	7.95
Two eggs, two back bacon rashers & one slice of toast (ask for gf)	
Eggs Benedict	8.50
Two poached eggs with two streaky bacon or ham on a toasted English muffin with hollandaise (ask for gf)	
Avocado Benedict	8.50
Two poached eggs with avocado on a toasted English muffin with hollandaise sauce (v) (ask for gf)	
Eggs on Toast	5.50
Two poached, scrambled or fried eggs on toast (ask for v/gf)	
Greek Yoghurt	4.75
Served with honey or homemade berry compote (v) (gf)	
Homemade Granola	4.95
With semi-skimmed milk. Add greek yoghurt & berry compote for +1.55 (v)	
Homemade Pancakes	5.95
Two pancakes served with greek yoghurt & berry compote (v) Change for streaky bacon & maple syrup +2.00	
Hot Sandwich	4.95
Choose from three rashers of streaky bacon, two fried eggs or two sausages in white or brown bread. Add cheese +0.50 (ask for gf)	
Bowl of Cereal	2.95
Ask server for current choices. Served with semi-skimmed milk (v)	

v - Vegetarian **vg** - Vegan **gf** - Gluten Free
Please advise staff of any allergies or intolerances prior to ordering

Hot Drinks

Decaffeinated coffees & tea available. Also oat milk / soya milk available

Americano	2.95	Mocha	3.35
Espresso	2.25	Hot Chocolate	3.25
Double Espresso	2.95	Flavoured Syrups	0.75
Latte	3.25	Vanilla, Caramel or Hazelnut	
Cappucino	3.25	Teapigs Tea	2.95
Flat White	3.25	Choose from English Breakfast, Earl Grey, Lemon & Ginger, Chamomile Flowers, Green Tea, Peppermint Leaves or Apple & Cinnamon	