



**THE
BLACK LION**
LONG HELFORD

Tea | Coffee | Fresh juice
Bucks Fizz £7.50 | Bloody Mary £8

FULL SUFFOLK 386 Kcal

Sausage, bacon, tomato, mushroom, black pudding and fried, poached or scrambled eggs

EGGS BENEDICT 580 Kcal

English muffin, ham hock, poached egg and hollandaise sauce

EGGS ROYALE 531 Kcal

English muffin, smoked salmon, poached egg and hollandaise sauce

EGGS FLORENTINE V 476 Kcal

English muffin, spinach, poached egg and hollandaise sauce

BREAKFAST SANDWICH 710 Kcal (for all 3)

Bacon / Sausage / Fried egg (or all three!)

MUSHROOMS ON TOAST V 402 Kcal

Suffolk wild mushrooms, fried Rattlesden duck egg, toasted sourdough

SMOKED SALMON AND SCRAMBLED EGGS GF 431 Kcal

CONTINENTAL V 400 Kcal on av

White or granary toast

Selection of breakfast pastries

Mixed berry compote, granola and natural yoghurt

Porridge with honey

Selection of cereals

V Vegetarian VG Vegan GF Gluten Free DF Dairy Free

Please let a team member know of any allergies or dietary requests.

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