## THE MARINE HOTEL

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## **FULL BREAKFAST**

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Porridge (v)	7.00	Greek yoghurt (v)	8.00
Pumpkin seeds, raspberries, blueberries and honey.		With coconut granola and mixed fruit compote	
American pancakes	7.00	English breakfast	11.00
Chantilly cream, mixed berries compote, Maple syrup		Grilled streaky bacon, butcher's pork sausage, roasted flat	
Vegan breakfast (vg)	10.50	mushroom, potato rosti, grilled tomato, baked beans and	
Vegan sausages, roasted field mushroom, potato rosti, grilled tomato, baked beans, sautéed spinach and scramble Oggs, with white or granary toast	d	fried eggs served with white or granary toast	

	LOGD & I	VIUIT
Smoked salmon and scrambled eggs	9.50	Eggs
Toasted sourdough		Hone
Eggs Florentine (v)	7.50	toast
Buttered spinach, poached eggs, hollandaise sauce and toasted English muffin		<b>Eggs</b> Smok
Avocado & poached eggs (v)	7.50	toast
Sourdough with sliced avocado.		Ado
Breakfast egg omelette	7.00	
cheese, peppers, tomato and red onions		

## EGGS & MUFFINS

.50	<b>Eggs Benedict</b> Honey roast ham, poached eggs, hollandaise sauce and	7.50
.50 toast	toasted English muffin	
	Eggs Royale	8.00
.50	Smoked salmon, poached eggs, hollandaise sauce and toasted English muffin	
	Add   Smoked crispy bacon 1.50	

## **BREAKFAST BAPS**

Breakfast bap
Smoked streaky bacon, Sussex farms pork sausage, runny
egg and brioche bun
Smoked salmon bap

Chive cream cheese and brioche bun

8.00

7.00

**Vegan bap (vg)** Plant based sausages, Portabella mushroom, sautéed spinach, potato rosti and brioche bun 7.00



Please scan the QR code using your phone camera to view calorie information For groups of six people or more, where table service is provided, a discretionary service charge of 10% will be added to the bill. For groups of less than six people, an option to add at tip will be given when you pay. Tips are shared by all members of our team here. All our food is prepared in a kitchen where nuts, gluten and other food allergens are present. Our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please let us know in advance. Other options may be available - please ask in-house about your dietary requirements. Fish dishes may contain bones. All weights are approximate uncooked. Menu subject to availability / change. Please note that due to the nature of cooking our deep fried products, we cannot guarantee they're free from cross contamination with other allergens. Wheat and gluten ingredients which are deep fried will use the same fryers in our kitchens as dishes not containing these ingredients - there may be risk of cross contamination which maytherefore affect extremely sensitive sufferers. If you are unsure which of our products go through the deep fryer please ask a member of staff. \*\* Due to daily markets maybe substituted with cod. (V) = Vegetarian (VG) = Vegan. Adults need around 2000 kcal a day

