

THE HAND & SPEAR HOTEL

Good Morning

Please help yourself to the breakfast buffet.

To order from the kitchen

The Full Monty ^{1012 kcal}

Bacon, Cumberland sausage, black pudding, roasted vine tomatoes, mushroom, baked beans, toast & free-range eggs (cooked to your choosing) 12

The Vegan (vg) ^{842 kcal}

Vegan sausages, roast field mushrooms & vine tomatoes, sautéed spinach, crushed avocado, sourdough toast 12

Breakfast Butty ^{779 kcal}

Cumberland sausage, bacon & an over-easy egg in a brioche bun 6

Eggs Benedict ^{1086 kcal}

Toasted English muffin, two free range poached eggs, bacon, hollandaise 10

Eggs Florentine (v) ^{903 kcal}

Toasted English muffin, two free range poached eggs, buttered spinach, hollandaise 8

Eggs Royale ^{935 kcal}

Toasted English muffin, two free range poached eggs, smoked salmon, hollandaise 12

Smashed Avocado & Eggs (v) ^{997 kcal}

Smashed avocado, toasted sourdough, two free range poached eggs 8

Porridge (v) ^{142 kcal}

Served piping hot with honey, sugar or jam 6

Before you order your food and drink, please inform a member of staff if you have a food allergy or intolerance. We're proud to be championing British farmers and producing fresh food sustainably. An adults recommended daily allowance is 2000 Kcal



Order to your table and keep the conversation flowing