

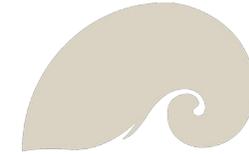
THE BAY  
BISTRO

## Breakfast Menu

08:00 - 10:00am daily

Wherever possible we use local produce and buy ingredients according to the season because that's when they're at their nutritional best. We use nuts in some of our dishes, so if you have any allergies just let us know.

...Seasonal, local and nutritious



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## Stay a while

Home-made granola topped with local yoghurt and fresh fruit salad £5.50

Scrambled, poached or fried egg on toast £5.50 (v)

Scrambled, poached or fried egg and bacon on toast £6.95

Poached egg, avocado and tomato on toast £6.95 (v)

Scrambled egg, smoked salmon and peppery rocket on toast £6.95

Full English breakfast £9.95

*2 eggs of your choice, 2 rashers of bacon, 1 sausage, beans, 2 hash browns, mushrooms, black pudding and toast, served with tea or coffee*

Vegetarian Full English £8.50 (v)

*2 eggs of your choice, tomato, mushrooms, beans, 2 hash browns, 1 vegetarian sausage and toast, served with tea or coffee*

Fresh fruit salad £ 2.50

Toast and butter £2.50

*With a choice of jam, marmalade, honey or marmite*

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## Sandwiches or Toasties £5.50

Made with freshly baked Island bread...

Bacon

Sausage and egg

Bacon and egg

Bacon, spinach and mushroom

Tomato, spinach and mushroom (v)

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Please see the chalkboard for a selection of Teas, Coffee and Hot Chocolate

## Stay a while

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