109 ALLERTON

BREAKFAST

SERVED DAILY FROM 09:00

BREAKFAST

TRADITIONAL BREAKFAST — £11.00
Streaky Bacon, Sausage, Black Pudding, Free Range Eggs, Sautéed Mushrooms, Grilled Tomato, House Beans, 109 Potato Hash.

VEGETARIAN BREAKFAST — £10.00
Veggie Sausage, Grilled Plum Tomato, Sautéed Mushrooms, Spinach, Avocado, House Beans, Free Range Eggs, 109 Potato Hash.
Add Scrambled Tofu for Vegan option.

109 GREEN GRILL — £11.00
Grilled Tender Stem Broccoli, Grilled Courgette, Spinach, Pomegranate, Roast Peppers, Toasted Almonds, Hummus, Pumpkin & Sesame Seeds, Avocado, Chilli and Scrambled Tofu.

ALL BREAKFASTS ARE SERVED WITH SOURDOUGH TOAST OR SOURDOUGH RYE.

EGGS

EGGS BENEDICT — £7 .50
Served With Streaky Bacon & Hollandaise.

EGGS FLORENTINE — £7 .50
Served With Spinach & Hollandaise.

EGGS ROYAL — £7 .50
Served With Hot Smoked Salmon & Hollandaise.

ALL SERVED ON EITHER A TOASTED BREAKFAST MUFFIN OR 109 POTATO HASH FOR GF OPTION.

EGGS YOUR WAY ON SOURDOUGH — £7 .00
Two Eggs Your Way Served On Sourdough.

109 THREE EGG OMELETTE — £8.00
Served With Sourdough Toast Or Dressed Salad.

Choose 3 Toppings;
Feta, Spinach, Peppers, Mushroom, Hot Smoked Salmon, Grilled Tomato, Streaky Bacon, Cashew Cheese.

SWEET BREAKFAST

BANANA BREAD FRENCH TOAST — £8.00
Cinnamon banana bread French toast, served with either:

- Caramelised Bananas In Toffee Syrup
- Coconut Yoghurt, Mixed Berries Compote

FRESH FRUIT GRANOLA — £5.50
Mixed Nut Granola with Fresh Berries, Dried Coconut, Coconut Yoghurt, Chia Seeds & Goji Berries.

109 PROTEIN PANCAKES — £8.00
Protein Pancakes Served With a Choice Of:
- Fresh Berries & Coconut Yoghurt
- Honey & Bacon
- Peanut butter & Banana

ADD EXTRAS

Sausage	£1 .50
Avocado	£2.00
109 Beans	£1.00
Streaky Bacon	£1.50
Free Range Egg	£1.50
Wilted Spinach	£1.00
Grilled Tomato	£1.00
Smoked Salmon	£2.50
109 Potato Hash	£1.50
Sauteéd Mushrooms	£1.50
Black Pudding	£1.50

V VEG VG VEGAN GF GLUTEN FREE SUBJECT TO YOUR CHOICE

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OUR MENU IS PREPARED IN A KITCHEN THAT CONTAINS POSSIBLE ALLERGENS.
OUR SERVERS ARE HAPPY TO ASSIST WITH DIETARY REQUIREMENTS

ALL OF OUR FOOD IS MADE FRESH TO ORDER, SO PLEASE BE PATIENT IF IT TAKES A LITTLE WHILE.