

Breakfast • The Wave

Served 7.30am – 11.30am

Breakfast Brioche Baps

Brioche Baps

| | |
|--|-----|
| Bacon (GFO) | 5.5 |
| Bacon, lettuce & tomato (GFO) | 6 |
| Bacon, lettuce, avocado & tomato (GFO) | 7 |
| Butchers Sausage (GFO) | 6.5 |
| Double free-range egg (V) (GFO) | 5.5 |
| Plant Based Bacon (PB) (GFO) | 6.5 |
| Plant based bacon, lettuce & tomato (PB) (GFO) | 7 |
| Plant Based Sausage patty | 7 |
| Severn & Wye smoked salmon, cream cheese, spring onion & chives (GFO) | 7 |

Add the following to your baps and breakfast

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|--------------------------------|-----|
| Bacon rashers (GF) | 3.5 |
| Baked Beans (V) (GF) | 2.5 |
| Sausage (GF) | 2 |
| Smoked salmon (GF) | 3.5 |
| Free range fried egg (V) (GF) | 1 |
| Scrambled eggs (V) (GF) | 2.5 |
| Plant based bacon (PB) (GF) | 2.8 |
| Plant based sausage patty (PB) | 3.5 |
| Smashed avocado (PB) (GF) | 3 |
| Oyster mushrooms (PB) (GF) | 3 |
| Oven dried tomato (PB) (GF) | 1.5 |

(GF) Gluten Free (GFO) Gluten Free Option (PB) Plant Based
Please inform your server of any allergies

Protein Plates

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Breakfast Plates

Add fried or scrambled free range eggs

Meat – Bacon, sausage, oyster mushroom, oven dried tomato, eggs – choose fried or scrambled (GF) **11**

Plant Based – plant based bacon, moving mountains sausage patty, smashed avocado, oyster mushroom, oven dried tomato. (PB) **11**

Houmous, falafel, oven dried tomato, za'atar, rocket (PB) (GF) **9**

Oyster mushrooms, smoked chilli flakes, spring onions, sesame (PB) (GF) **8**

Pulled ham, mustard mayo, capers and gherkins, watercress (GF) **9**

Severn salmon, smashed avocado, lemon and nori mayo, seeds (GF) **11**

Breakfast additions

| | |
|-------------------------------|------------|
| Bacon rashers (GF) | 3.5 |
| Baked Beans (V) (GF) | 2.5 |
| Sausage (GF) | 2 |
| Smoked salmon (GF) | 3.5 |
| Free range fried egg (V) (GF) | 1 |
| Scrambled eggs (V) (GF) | 2.5 |

| | |
|--|------------|
| Plant based bacon (PB) (GF) | 2.8 |
| Plant based sausage patty (PB) | 3.5 |
| Smashed avocado (PB) (GF) | 3 |
| Oyster mushrooms (PB) (GF) | 3 |
| Oven dried tomato (PB) (GF) | 1.5 |
| St. Martins sourdough toast with compote (V) or butter (PBO) | 3 |

(GF) Gluten Free (GFO) Gluten Free Option (PB) Plant Based

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Light Breakfast

| | |
|--|---|
| Burrito beans on St martins sourdough toast (GFO) | 6 |
| Free range eggs on St Martins sourdough toast choose fried or scrambled (GFO) | 6 |

Hot oat milk porridge (PB) 4.5

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|------------------------|-----|
| Add honey | 1.5 |
| Add agave (PB) | 1.5 |
| Add berry compote (PB) | 1.5 |

(GF) Gluten Free **(GFO)** Gluten Free Option **(PB)** Plant Based
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From the fridge

| | |
|--|-----|
| Overnight oats with coconut and pineapple (PB) | 3.5 |
| Granola pot with yoghurt (V) | 4.5 |
| Seed pot with soya yoghurt (PB) | 4.5 |
| Protein yoghurt with berries (10g protein) (V) | 4.5 |
| Protein soya yoghurt with berries (10g protein) (PB) | 4.5 |

From the bar

| | |
|---|------|
| Protein cluster 15g protein (PB) (GF) | 3 |
| Protein energy bites 10g protein (PB) | 1.50 |
| Protein smoothies 30g protein (PB) (GF) | 6 |