

BREAKFAST

THE ANGEL INN

Full English

Bacon, sausage, your choice of egg (fried, poached or scrambled), baked beans, hash browns, mushrooms, grilled tomato and black pudding (1130 kcal) — 10.00

Vegetarian Full English

Vegan sausage, egg (fried, poached or scrambled), baked beans, hash browns, mushrooms and grilled tomato (481kcal) — 9.00

Smoked Kippers

Served with poached eggs on toast and a grilled lemon wedge (938 kcal) — 12.00

Breakfast Sandwich

Bacon & sausage (414), bacon & egg (325) or sausage & egg (372), served in a stottie — 6.00 (*Vegetarian option available*)

Eggs on Toast

Eggs cooked how you like them (fried, poached or scrambled), served on thick-cut, buttered farmhouse bread (299 kcal) — 5.00

Eggs Benedict

Poached eggs on a toasted English muffin with hollandaise sauce and a choice of ham or Danish bacon (753 kcal) — 10.00

Eggs Florentine

Poached eggs on a toasted English muffin with steamed spinach, topped with hollandaise sauce (693 kcal) — 10.00

Eggs Royale

Poached eggs on a toasted English muffin with smoked salmon, topped with hollandaise sauce (711 kcal) — 12.00

Porridge

With honey or jam (313 kcal) — 4.00

Toast & Preserves

White or brown toast served with butter and jam or marmalade (1046 kcal) — 2.50

Cereal

Choose from a wide selection of cereals — 3.00

Breakfast served from 7.30am until 10.30am

Adults need around 2,000 kcals per day