



CHANNELS

— Bar & Brasserie —

BREAKFAST

MON - FRI 7.00 - 11AM | SAT & SUN 8 - 11AM

SMALL BREAKFAST BITES

SMOKED BACON SARNIE Served on either white or granary bread with tomato or brown sauce.	£4.85
PORK SAUSAGE & FRIED ONION SARNIE Served on either white or granary bread with tomato or brown sauce.	£4.85
PANCAKES PACKED WITH PROTEIN Vanilla protein pancakes with fresh blueberries and raspberries.	£5.25
MIXED BERRIES, YOGHURT & LUXURY GRANOLA POT Mixed summer berry compote topped with natural yoghurt and granola.	£4.95
SCOTTISH PORRIDGE OATS With honey and mixed berries.	£2.75
TWO SLICES OF TOAST With butter and Tiptree Jam.	£2.40

BIG BREAKFAST BITES

CHANNELS BREAKFAST Two bacon, one sausage, fried egg, mushrooms, baked beans, black pudding and grilled tomato with one slice of toast.	£8.95
VEGGIE ENGLISH Two fried eggs, baked beans, grilled tomato, mushrooms and hash browns with one slice of toast.	£7.45
TOASTED WHOLEMEAL BREAD GLAZED WITH WELSH RAREBIT Crispy smoked bacon with warm poached hen's eggs and crispy leeks.	£7.75
NAUGHTY BUTTY Smoked streaky bacon stacked between French toast drizzled with maple syrup.	£6.50

All of our food is prepared in a kitchen where nuts, glutes and other allergens may be present, our menu descriptions do not include all ingredients. If you have a known food allergy or intolerance please let us know before ordering. Full allergen information is available from Management if required.

HEALTHY & GLUTEN FREE

EGGS BENEDICT Home cooked gammon ham on a toasted English muffin or gluten free toast topped with two poached eggs and hollandaise sauce. GF	£7.25
EGGS ROYALE Loch Fyne smoked salmon on a toasted English muffin or gluten free toast topped with two poached eggs and hollandaise sauce. GF	£7.95
EGGS FLORENTINE On a toasted English muffin or gluten free toast topped with two poached eggs and hollandaise sauce. GF	£7.00
HAM & EGGS YOUR WAY Home-cooked honey roasted gammon ham topped with two poached, fried or scrambled hen's eggs and a slice of toast. GF	£6.25
GRILLED MACKEREL Two soft poached eggs. GF	£7.00
SMASHED AVOCADO, LIME, CHILLI FLAKES & POACHED EGGS One slice of wholemeal toast or gluten free toast. GF	£7.25
THREE EGGS SCRAMBLED On two slices of toast, English muffin or gluten free toast. GF	£4.95
SCRAMBLED EGGS & SMOKED SALMON On two slices of toast, English muffin or gluten free toast. GF	£7.50

JUICES & DRINKS

APPLE JUICE	ORANGE JUICE	
BUMBLEBERRY JUICE	PINK GRAPEFRUIT JUICE	
CRANBERRY JUICE	PINEAPPLE JUICE	
		£2.95
BLOODY MARY		£6.00
GLASS OF BUCKS FIZZ		£6.50
INDIVIDUAL HALF BOTTLE OF CHAMPAGNE		£25