



CHANNELS

— Bar & Brasserie —

BREAKFAST AT CHANNELS

Friday- Sunday 9am- 12pm

BREAKFAST

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Two bacon, one sausage, fried egg, mushrooms, baked beans, black pudding, grilled tomato with one slice of toast 8.95

PANCAKES PACKED WITH PROTEIN

Vanilla protein pancakes with fresh blueberries and raspberries 5.25

SMASHED AVOCADO, LIME, CHILLI FLAKES & POACHED EGGS

One slice of wholemeal toast or gluten free toast 7.25

EGGS BENEDICT

Home cooked gammon ham on a toasted English muffin or gluten free toast topped with two poached eggs and hollandaise sauce 7.25

EGGS ROYALE

Loch Fyne salmon on a toasted English muffin or gluten free toast topped with two poached eggs and hollandaise sauce 7.25

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

SCRAMBLED EGGS & SMOKED SALMON

On two slices of toast, English muffin or Gluten Free toast 7.50

SMOKED BACON SARNIE

Served on either white, granary or gluten free bread 4.85

PORK SAUSAGE & FRIED ONION SARNIE

Served on either white, granary or gluten free bread 4.85

KIDS

MINI CHANNELS BREAKFAST

Bacon, sausage, fried egg, mushrooms, baked beans and a slice of white or granary toast 5.95

PANCAKE PACKED WITH PROTEIN

One vanilla protein pancake with fresh blueberries and raspberries 4.50

MINI VEGGIE ENGLISH

Fried egg, baked beans, mushrooms, hash browns and a slice of white or granary toast 4.25

SMOKED BACON MUFFIN

Bacon sandwiched between an English muffin 3.95

TWO EGGS SCRAMBLED

On a slice of white or granary toast 3.50

Gluten Free options available

Thank you so much for helping us reach the number 1 spot for Sunday Lunch in Chelmsford on Trip Advisor. Please search for Channels Bar & Brasserie to leave your review.

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, let us know before ordering, full allergen information is available from Management if required.