SPIKES Breakfast Menu

8.00am - 11.30 am

| Bacon or Sausage or Double Egg or Veggie Sausage Bap (in White Bap) Bacon & Sausage Bap Bacon & Egg Bap Sausage, Bacon & Egg Bap | £5.30 £7.50 £6.70 £8.50 |
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| Spikes Full English Breakfast Bacon, Sausage, Tomato, Mushroom, Baked Beans, Hash Brown Fried Egg, Brown, or White Toast | £12.80 |
| Vegetarian Full English (V) (Vegan - without egg, add Sliced Avocado) Veggie Sausages, Tomato, Mushroom, Baked Beans, Hash Brown Fried Egg, Brown or White Toast | £12.00 |
| Swap Fried Egg to Scrambled or Poached | £1.00 |
| 2 Eggs Scrambled on Buttered White or Brown Toast | £6.00 |
| Organic Farm 3 Eggs Omelette Extra Toppings: Ham, Onion, Mushrooms, Tomato, Cheese, Peppers | £7.00 each £1.50 |
| Eggs Benedict 2 Poached Free range Eggs on Muffins topped with Honey Glazed Ham & Hollandaise Sauce | £13.50 |
| Eggs Royale 2 Poached Free range Eggs on Muffins topped with Smoked Salmon & Hollandaise Sauce | £14.50 |
| Smashed Avocado on Wholemeal Toast, Poached Free Range Egg Chili Jam & Toasted Seeds (V) | £9.00 |
| Smashed Avocado on Wholemeal Toast, Bacon, 2 Poached Eggs, Chilli Jam & Toasted Seeds | £12.00 |
| Porridge (V) (GF) Warm Porridge with Honey | £7.00 |
| Homemade Granola (V) (GF) With Natural Yoghurt and Berries | £7.00 |
| Fresh Fruit Salad (V) | £7 .00 |

All or most of our dishes will contain some allergens.

Please Chat to us and let us know of any allergies, or changes and whether you prefer

White, Brown or Gluten Free Breads

We also have Oat, Almond, Coconut and Soya Milks and Plant based Butter

All prices are inclusive of VAT Gratuities at Discretion