

SPECIALS

Fluffy vanilla pancakes with blueberries and maple syrup £ 10.50

French toast with strawberries and bananas £ 8.50

Classic porridge with sea salt and golden syrup £ 6.50

Spelt and oat dairy-free porridge, with dry pineapple and coconut flakes £ 9.50

Toasted English muffins OR toast with butter and jams £ 4.50

Nutella and banana crêpes £ 8.50

EGGS & MORE

EGGS FLORENTINE £ 12.00
English muffin with poached eggs, spinach and hollandaise sauce

EGGS BENEDICT £ 12.00
English muffin with poached eggs, cooked Italian ham and hollandaise sauce

EGGS ROYALE £ 13.00
English muffin with poached eggs, smoked salmon and hollandaise sauce

TURKEY BENEDICT £ 13.00
English muffin with poached eggs, cured turkey breast and hollandaise sauce

AVOCADO ON TOAST £ 10.00
Fresh sliced avocado on sourdough toast, topped with poached eggs and chilli

ASPARAGUS AND EGGS £ 12.00
Boiled asparagus with poached eggs and hollandaise sauce

THREE EGG OMELETTE £ 10.00
With a choice of three:
Cheese, ham, mushrooms, spinach, onions, tomatoes, turkey
Smoked salmon (supplement) £ 3.00

EGG WHITE FRITTATA £ 10.00
With a choice of three:
Cheese, ham, mushrooms, spinach, onions, tomatoes, turkey
Smoked salmon (supplement) £ 3.00

THREE EGGS SCRAMBLED £ 10.00
With a choice of three:
Cheese, ham, mushrooms, spinach, onions, tomatoes, turkey
Smoked salmon (supplement) £ 3.00

HEALTHY OPTIONS

Seasonal fruits £ 9.50

Mixed berries £ 12.00

Hazelnut and berries bircher muesli £ 7.50

Granola with Greek yoghurt £ 6.50

Chia seed and coconut yoghurt £ 8.00

il PAMPERO

BREAKFAST

MENU



CONTINENTAL BUFFET

A selection of freshly baked pastries and clarkes bakery breads with jam, cereals and granola.

Pastries, wheat-free spelt banana bread, wake up granola bars and fresh fruit salad.

Dairy natural yoghurt and fruit yoghurt, frittata, Agen prunes and seasonal compote.

Artisan produced cold cuts and cheeses.

Coffee, tea, juice and toast.

£ 20.00

FULL

ENGLISH BREAKFAST £ 22.50

Free range pork sausages, bacon, roasted plum tomatoes, field mushrooms, black pudding, baked beans and eggs. Coffee, tea, juice and toast.

VEGETARIAN

ENGLISH BREAKFAST £ 18.00

Hash brown, roasted plum tomatoes, field mushrooms, baked beans and eggs. Coffee, tea, juice and toast.

SIDES

Grilled tomatoes £ 3.00

Roasted field mushrooms £ 3.00

Greek yoghurt £ 3.00

Soft cheese £ 3.00

Warm flat bread £ 3.00

Sliced avocado £ 4.00

Feta cheese £ 4.00

Crispy streaky bacon £ 4.00

Black pudding £ 4.00

Steamed spinach £ 4.00

Grilled halloumi £ 4.00

Smoked salmon £ 6.00

Grilled pork sausages £ 4.00

Grilled chicken sausages £ 4.00

HOT DRINKS

HOT CHOCOLATE £ 4.50

ESPRESSO £ 3.50 / £ 4.00

FILTER COFFEE £ 4.50

AMERICANO £ 4.50

LATTE £ 4.50

CAPPUCCINO £ 4.50

FLAT WHITE £ 4.50

MATCHA LATTE £ 5.50

TURMERIC LATTE £ 5.50

RED VELVET BEETROOT

LATTE £ 5.50

JING TEA

BLACK £ 4.50

Earl Grey, English Breakfast, Lapsang Souchong

GREEN £ 4.50

Jade Sword (organic and fairtrade)

HERBAL £ 4.50

Rooibos, Chamomile, Peppermint

WHITE £ 4.50

Jasmine Silver Needle

SMOOTHIES



POPEYE

Cucumber, spinach, kale, apple, ginger, lemon

£ 7.00 / Glass

LIVER CLEANSING

Beetroot, mint, apple, celery

£ 7.00 / Glass

SUNSHINE

Carrot, apple, ginger

£ 7.00 / Glass

ANTIOXIDANT BERRY

Blueberries, blackberries, raspberries, yoghurt & bee pollen

£ 9.00 / Glass

PROTEIN POWER PUNCH

Avocado, mint, white grape, almonds, lime, agave syrup

£ 9.00 / Glass

METABOLISM BOOSTER

Pineapple, chilli, mint, lime, agave syrup

£ 9.00 / Glass

For allergen information, please speak to a member of our team