

Floral Days Cafe and Restaurant

BREAKFAST MENU

AVAILABLE FROM 9 - 11 MON TO SAT & 10 - 11 SUNDAY

Big English **£14.99**



Two Sausages, two rashers of bacon, mushrooms, baked beans, tomato, two hash browns and a choice of two scrambled, fried or poached eggs. Served with toast & butter, filter coffee or tea.

*Calories: 1350 approx
Protein: 49-65g
Carbs: 110-142g
Fat: 74-115g*

Vegetarian Breakfast **£12.99**



Two Quorn sausages, two tomatoes, mushrooms, beans, two hash browns & a choice of two scrambled, fried or poached eggs. Served with toast & butter, filter coffee or tea.

*Calories: 975 approx
Protein: 47-60g
Carbs: 116-131g
Fat: 47-68g*

Full English **£12.99**



One sausage, one rasher of bacon, baked beans, tomato, mushrooms, one hash brown & a choice of scrambled, fried or poached egg. Served with toast & butter, filter coffee or tea.

*Calories 795 approx
Protein: 30-41g
Carbs: 84-102g
Fat: 44-67g*

Three Egg Omelette **£7.99**



With a choice of bacon, cheese, tomatoes, mushrooms, onions or sausage.

Allergens dependant on chosen filling.

*Plain omelette:
Calories: 250 approx
Protein: 18-21g
Carbs: 3g
Fat: 15-21g*

Royal Muffin **£9.99**



A toasted muffin with two poached eggs, smoked salmon & served with hollandaise sauce.

*Calories: 625 approx
Protein: 24-31g
Carbs: 34-41g
Fat: 34-47g*

Benedict Muffin **£8.99**



A toasted muffin with two rashers of bacon & two poached eggs served with hollandaise sauce.

*Calories: 575 approx
Protein: 24-31g
Carbs: 34-41g
Fat: 34-47g*

Vegan Muffin **£7.99**



A toasted muffin with two Quorn sausages & two hash browns.

*Calories: 750 approx
Protein: 36-41g
Carbs: 55-67g
Fat: 47-62g*

Porridge **£5.99**



Served with honey or maple syrup.

*Calories: 250 approx
Protein: 5-6g
Carbs: 42-48g
Fat: 3-4g*

Extra breakfast item **£1.50**

Freshly-baked Croissants

With Ham & Cheese **£6.99**



*Calories: 450 approx
Protein: 20-25g
Carbs: 26-33g
Fat: 23-28g*

With Nutella or Butter & Preserve **£5.49**




*Calories: 400 approx
Protein: 4-6g
Carbs: 38-45g
Fat: 23-27g*

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Breakfast on Toast

Two slices of wholemeal or white bread (gluten free bread  available for an additional 75p) served with:

Eggs of your Choice & Smoked Salmon **£9.99**



Calories: 475 approx. Protein: 31-40g.
Carbs: 32-39g. Fat: 18-27g.

Baked Beans on Toast **£5.99**



Calories: 400 approx. Protein: 14-20g.
Carbs: 70-85g. Fat: 3-7g.

Eggs of your Choice **£6.49**



Calories: 325 approx. Protein: 16-20g.
Carbs: 32-37g. Fat: 13-19g.

Toast & Butter **£2.99**



Calories: 275 approx. Protein: 4-6g.
Carbs: 30-35g. Fat: 14-17g.

Add Tiptree Preserve **£1.00**
Add extra butter portion **40p**

Breakfast Sandwiches

Served on wholemeal or white bread (gluten free bread available  for an additional 75p) with:

Bacon or Sausage **£6.49**



Calories: 350 approx. Protein: 11-16g.
Carbs: 33-40g. Fat: 15-23g.

Add an egg **£1.50**

Two Vegan Sausages & Two Hash Browns **£7.99**



Calories: 700 approx Protein: 28-42g.
Carbs: 86-105g. Fat: 35-49g.

Vegan Pancakes

With a choice of toppings: bacon, maple syrup (V),
Nutella (V), jam (V). Vegan spread available.



Three Pancakes with One Topping **£5.99**

Plain pancakes:
Calories: 300 approx + topping
Protein: 6-9g + topping
Carbs: 45-60g + topping
Fat: 3-6g + topping

Five Pancakes with Two Toppings **£7.99**

Plain pancakes:
Calories: 500 approx + topping
Protein: 10-15g + topping
Carbs: 75-100g + topping
Fat: 5-10g + topping

Allergens:



Dietary requirements:

