

## BREAKFAST & BRUNCH UNTIL 11.30AM MON-FRI & 12.30PM WEEKENDS

### ALBION CLASSICS

Full Albion –back bacon, Cumberland sausages, Clonakilty black pudding, baked beans, plum tomato, mushrooms, your choice of eggs and toast	12.5
Kedgeree	12.5
Kipper	8.5
– add fried duck egg for 2.5	
Back or streaky Dingley Dell bacon and eggs	9.5
Kidneys / Devilled Kidneys	8.5

### ON TOAST

Albion beans	5.50
– add Isle of Mull cheddar for 3.5	
Portobello Mushrooms	7.75
Avocado and poached eggs	9.75

### EGGS

Breckland Brown eggs – how you want them with toast	6
Fried duck eggs with toast	8.5
Scrambled eggs and smoked salmon	12.5
Omelette	7
– add ham; cheese; mushrooms; tomatoes for 1.5 each	
Egg white omelette	8
Poached eggs on Albion muffins with	
– Spinach and hollandaise	8
– Ham and hollandaise	9
– Smoked salmon and hollandaise	12.5

### BAPS

Back and streaky bacon	7.5
Bacon, sausage and fried egg	9
Portobello mushrooms and fried egg	7.75
Fried eggs	6

### FROM THE BAKERY

Select any item from the shop display	Add 2.5
Toast with jam, marmalade or Marmite	3.75
Croissant; pain au chocolat; pain aux raisins	3.5
Almond croissant; hazelnut and chocolate croissant	4.25
Ham and cheese croissant	6
Chocolate twist	3.75
Chocolate and orange cream roll	5

Fruit Danish	4.75
Swirls – raisins and cream; cinnamon and butter; pistachio and white chocolate	5
Cheese and Marmite scroll	4.5
Cheese and ham scroll	4.75
Sausage roll	5.75

### LIGHT & HEALTHY

Cereal table – help yourself from our range of cereals, fruits (fresh, poached and dried), yoghurts, nuts, seeds and various healthy toppings such as bee pollen, raw cocoa nibs, maca powder and inca berries	7.5
Poached fruit with Albion granola and yoghurt	6.25
Porridge /with poached fruit	6 / 8.50

### The following recipes have been developed with nutritionists Chris Sandel and Libby Limon

Matcha and cinnamon overnight oats (378 Kcal, 21g protein, 62g Carb, 5g Fat)	8
Sweet potato, spinach poached egg's & chilli (Calories:375; Carbohydrates: 38 grams; Protein: 20.5 grams; Fat: 15.5 grams)	9.75
Spinach & spring onion frittata (Calories: 252; Carbohydrates:3.4 grams; Protein:20 grams; Fat:16 grams)	9.5