



# BREAKFAST

served until 11.30am everyday

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## Drinks

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*Our coffees are all made from freshly ground Lavazza rich roast beans*

<b>AMERICANO</b>	<b>£3.60</b>
<b>CAPPUCCINO</b> or <b>LATTE</b>	<b>£3.90</b>
<b>FLAT WHITE</b>	<b>£4.10</b>
<b>ESPRESSO</b>	<b>£3.20</b>
<b>FRESHLY SQUEEZED JUICES</b> in a variety of flavours	<b>£3.70</b>
<b>INDIVIDUAL POT OF ENGLISH BREAKFAST TEA</b>	<b>£3.10</b>
<b>SPECIALITY TEAS</b> - ask for current choices	<b>£3.50</b>

HOT DRINKS AVAILABLE WITH **SOYA** OR **OAT MILK** + 50P

*Plus a full selection of drinks from the bar (alcohol served from 10am)*

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## Breakfast Menu

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<b>'THE THROCKMORTON' FULL ENGLISH</b>	<b>£12</b>
Lashford's sausage, 2 rashers of butchers bacon, egg, button mushrooms, grilled tomato, baked beans & white or brown toast	
...add <b>BLACK PUDDING</b> £1.50 or <b>TWO HASH BROWNS</b> £2.50	
<b>'THE THROCKMORTON' BIGGER BREAKFAST</b>	<b>£15</b>
2 Lashford's sausages, 2 rashers of butchers bacon, black pudding, 2 eggs, baked beans, button mushrooms, grilled tomato, 2 hash browns & white or brown toast	
<b>VEGETARIAN TRADITIONAL ENGLISH (V)</b>	<b>£10</b>
2 vegetarian sausages, egg, button mushrooms, tomato, baked beans, hash brown & white or brown toast	
<b>LIGHTER BREAKFAST</b>	<b>£9</b>
Lashford's sausage, butchers bacon, egg, hash brown & white or brown toast	
<b>POACHED EGGS HOLLANDAISE ON MUFFIN</b>	<b>£9</b>
With either bacon or spinach	
<b>SMOKED KIPPERS + SCRAMBLED EGGS ON MUFFIN</b>	<b>£10</b>
<b>3 AMERICAN PANCAKES + BACON + MAPLE SYRUP</b>	<b>£8</b>
<b>EGGS ON MUFFIN, GRANARY OR WHITE TOAST (V)</b>	<b>£6</b>
Poached, scrambled or fried	
<b>BREAKFAST WRAP</b>	<b>£8</b>
Bacon, sausage, hash brown & fried egg in a tortilla wrap	
<b>KID'S BREAKFAST (FOR UNDER 12'S ONLY)</b>	<b>£7</b>
Lashford's sausage, egg, beans, hash brown, toast & orange or apple juice	

IF YOU HAVE AN ALLERGY please see overleaf to see our full allergen policy and for access to our online allergen matrix guide

V = Vegetarian (Some dishes can also be adapted to become Vegan) VE = Made with Vegan ingredients. However due to the environments that food is prepared, cooked and served in, we cannot guarantee that any item is animal product free.



## Small Tapas Plates

- STICKY PORK BELLY BITES** on chilli pickled pineapple chunks  
**CREAMY GARLIC & CHIVE MUSHROOMS (V)** tomato & herb sourdough  
**SELECTION OF WARM BREADS (VE)** with mixed olives, balsamic & oil  
**HAND BATTERED KING PRAWNS** with zesty citrus mayonnaise dip  
**HOME FRIED NACHOS (V)** guacamole, salsa, sour cream & cheese  
**SOUTHERN FRIED CHICKEN WINGS** with a garlic mayonnaise dip  
**HANDMADE MEATBALLS MARINARA** topped with melted parmesan  
**CRISPY BREADED WHITEBAIT** with classic tartare sauce & lemon

## Flatbreads

- GARLIC, MIXED HERB, MELTED CHEDDAR & MOZZARELLA (V)** £8  
**PULLED DUCK LEG, SESAME SEEDS & RICH PLUM SAUCE** £10  
**MEDITERRANEAN OLIVE, TOMATO & MOZZARELLA (V)** £9  
**GARLIC & MIXED HERB (VE)** £6

## Burgers, Sandwiches & Wraps

- HANDMADE DOUBLE STEAK BURGER WITH BACON & CHEESE** burger sauce, dressed side salad, skin on fries & a hand battered friddle £18  
**BETROOT/RED PEPPER/QUINOA BURGER (V)** baby gem lettuce, tomato salsa, dressed side salad, fries & hand battered friddle £17  
**CRISPY PANKO CHICKEN BURGER** baby gem lettuce & mayonnaise, dressed salad, fries & hand battered friddle £18  
**ALL DAY BREAKFAST WRAP** - bacon, sausage, fried egg & hash brown with dressed salad & fries £13  
**BLT CLUB SANDWICH** crispy butchers bacon, baby gem, tomato & mayo on toasted triple stack of brown bread with fries & side salad £14  
**HAND BATTERED FISH GOUJON WRAP** with tartare sauce, dressed side salad & skin on fries £14

## Sides

- CRUMBED MOZZARELLA STICKS** £7  
**HAND BATTERED ONION RINGS** £6  
**DRESSED MIXED SALAD (V)** £5  
**GARLIC & HERB FLAT BREAD (V)** £6  
**HOMEMADE CHIPS (VE)** £5  
**SKIN ON FRIES (VE)** £5

IF YOU HAVE AN ALLERGY please inform our team before ordering, or preordering, so that we can take additional reasonable steps to minimise the risk of allergen cross-contamination. However we cannot guarantee any item is allergen-free.

Our online allergen guide, detailing details of every dish on this menu and the 14 key allergens, is available on our website (where we keep it so that it is always as up to date as possible). Even if you have visited us before please check online as suppliers and recipes are subject to change which can affect the allergens. Find it by scanning the QR code or visiting [thethrockmorton.com/allergens](http://thethrockmorton.com/allergens) (if you cannot access the internet we will be happy to provide you with the information)

As our food is mainly homemade in our multi use kitchen (which handles all of the 14 key allergens), and suppliers of prepared foods vary, all food may contain traces of any of the 14 key allergens.

All weights stated are approximate uncooked weights. Game may contain traces of shot. Fish may contain traces of bones, even if stated as boneless.

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