



# CHANNELS

— Bar & Brasserie —

## BRUNCH

MON - SAT 11AM - 1PM

### CHANNELS BREAKFAST

£8.95

Two bacon, one sausage, fried egg, mushrooms, baked beans, black pudding and grilled tomato with one slice of toast.

### VEGGIE ENGLISH

£7.45

Two fried eggs, baked beans, grilled tomato, mushrooms and hash browns with one slice of toast.

### TOASTED WHOLEMEAL BREAD GLAZED WITH WELSH RAREBIT

£7.75

Crispy smoked bacon with warm poached hen's eggs and crispy leeks.

### NAUGHTY BUTTY

£6.50

Smoked streaky bacon stacked between French toast drizzled with maple syrup.

### EGGS BENEDICT

£7.25

Home cooked gammon ham on a toasted English muffin or gluten free toast topped with two poached eggs and hollandaise sauce. **GF**

### EGGS ROYALE

£7.95

Loch Fyne smoked salmon on a toasted English muffin or gluten free toast topped with two poached eggs and hollandaise sauce. **GF**

### EGGS FLORENTINE

£7.00

On a toasted English muffin or gluten free toast topped with two poached eggs and hollandaise sauce.

### HAM & EGGS YOUR WAY

£6.25

Home-cooked honey roasted gammon ham topped with two poached, fried or scrambled hen's eggs and a slice of toast. **GF**

### GRILLED MACKEREL

£7.00

Two soft poached eggs. **GF**

### SMASHED AVOCADO, LIME, CHILLI FLAKES & POACHED EGGS

£7.25

On wholemeal or gluten free toast. **GF**

### SCRAMBLED EGGS & SMOKED SALMON

£7.50

On two slices of toast, English muffin or gluten free toast. **GF**

### PANCAKES PACKED WITH PROTEIN

£5.25

Vanilla protein pancakes with blueberries and raspberries.

### MIXED BERRIES, YOGHURT & LUXURY GRANOLA POT

£4.95

Mixed summer berry compote topped with natural yoghurt and granola. **GF**

BOLT ON

## BOTTOMLESS PROSECCO

Fancy a boozy brunch or lunch?  
Hair of the dog? Or to get yourself  
in the mood for the weekend?  
ENJOY TWO HOURS DRINKING FOR

**£20**

Per person



**GF** - Gluten Free | This menu is printed on FSC certified material

All of our food is prepared in a kitchen where nuts, glens and other allergens may be present, our menu descriptions do not include all ingredients. If you have a known food allergy or intolerance please let us know before ordering, full allergen information is available from Management if required.