

ARENS

BAR & GRILL

BREAKFAST MENU

FRESH JUICES & SMOOTHIES

Fresh Orange Juice	£3.00	Antioxidant - Broccoli, Pineapple, Banana, Mango, Celery, Spinach	£4.00
Fresh Carrot Juice	£3.00		
Green Machine <i>Kale, Spinach & Mango</i>	£4.00	Super-Berry <i>Strawberry, Blackberry, Raspberry</i>	£4.00
		Well-Being - Mango, Beetroot, Carrot	£4.00

BREAKFAST

Mixed Berry Granola Parfait	£6.90
Double Pork <i>Pork Loin, Back Bacon, Apple Sauce & Sourdough Bread Sandwich (Add an Egg £1)</i>	£6.90
Pave Rump Steak <i>Two Fried Eggs & Mushrooms, Grilled Tomato</i>	£14.50
Vegan Breakfast	£8.90

The Arens Full English
*2 Sausages, 2 Bacon, 2 Eggs, Black Pudding
Baked Beans, Herb Potatoes & Toast*



£8.90

Large Goose Egg & Soldiers
(8-12 Mins)



£6.90

Smoked Salmon & Scrambled Egg on Toast

£6.90

Smoked Salmon, Crushed Avocado on Toast
(Add Poached Eggs £1)

£6.90

Grilled Wild Mushrooms on Toast
(Add Poached Eggs £1)

£6.90

Eggs Benedict & Smoked Ham
(Add Smoked Salmon £2)

£6.90

French Toast

With
Bacon
£6.90



With
Honey & Fruits
£6.90



With
Nutella & Strawberries
£6.90



All our dishes are prepared in kitchens where nuts, flour etc. are commonly used, so unfortunately we cannot guarantee our dishes will be free of traces of these products. Olives may contain stones, fish & meat dishes may contain bones, all dishes may contain items not mentioned in the menu description. Our beef burgers are served 'medium' as standard. Please notify your server if you would like your burger 'well done'. All prices include VAT at current rate. A discretionary 10% service charge will be added to all parties. (V) Vegetarian Option, (*) Approximate Uncooked Weight