





The GRAIN LOFT BEER, WINE & FOOD —

MAKE IT SPECIAL

BLOODY MARY

House vodka, tomato juice and celery, spiced the way you like it!

BREAKFAST MIMOSA

House bubbles topped with orange juice

HOT DRINKS

CAPPUCCINO 80 kcal

LATTE 101 kcal

FLAT WHITE 97 kcal

AMERICANO 28 kcal

ESPRESSO 6 kcal

DOUBLE ESPRESSO 12 kcal

MOCHA 209 kcal

HOT CHOCOLATE 214 kcal

ENGLISH BREAKFAST TEA 14 kcal

EARL GREY TEA 14 kcal

HERBAL TEAS 0 kcal

Add Hazelnut, Caramel or Vanilla Syrup

All hot drink calories are based on regular serving size. Other sizes are available, please ask your server.

IMPORTANT DIETARY INFORMATION

Ingredients & Allergen information

We do occasionally have to substitute products and amend our recipes so you must advise us of any allergies / dietary requirements on every visit. We do use most, if not all allergens in our kitchens and we also cook different foods in the same equipment. Allergen information is available on all intentional ingredients, please ask your server for our allergens table. Should you require more information on any may contains or potential cross-contact, then please ask your server at the time of ordering.

Vegan / Vegetarian

Some of our vegan / vegetarian items may be cooked in the same equipment / fried in the same oil as meat and fish products.

Please ask your server for information on any specific dishes and we will be able to advise to enable an informed choice.

Our vegan dishes may pose a potential risk of cross-contamination as these may be prepared using shared equipment and therefore not suitable for customers with dairy allergies or other strict dietary requirements

NGCI

Our NGCI dishes consist of non-gluten containing ingredients only.

Where there is an option to swap a bun to a non-gluten bun, please note this does not necessarily mean the whole dish is gluten free and therefore please ask your server to check the other ingredients.

Other notes

Our meat & fish dishes may contain bones

All prices include 20% VAT.

Adults need around 2000 kcal a day

BREAKFAST MENU

Served until 11am

Go Contactless! Order food to your table

Use the Camera or Google Assistant on your phone

Hover over the QR code



3 Order and pay on your phone

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CLASSIC BREAKFASTS

Add Chips to any Breakfast for £2.50

ALL DAY BREAKFAST

12.99

Two British Cumberland pork sausages, two rashers of back bacon, two free range fried eggs, roasted tomato, baked beans and chips, served with toast & butter 1345 kcal

ALL DAY VEGGIE BREAKFAST V*

Two vegan sausages, two free range fried eggs, homemade smashed avocado, roasted tomato, baked beans and chips, served with toast & butter 1109 kcal

PROTEIN POWER BREAKFAST

12.99

Three rashers of back bacon, three British Cumberland pork sausages, three free range fried eggs and baked beans 1092 kcal

TRADITIONAL BREAKFAST

9.29

British Cumberland pork sausage, back bacon, free range fried egg, two hash browns, roasted tomato and baked beans 635 kcal

TRADITIONAL VEGGIE BREAKFAST V*

9.99

Vegan sausage, free range fried egg, homemade smashed avocado, roasted tomato, two hash browns and baked beans



ULTIMATE BREAKFAST

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Two British Cumberland pork sausages, two rashers of back bacon, two free range fried eggs, three hash browns, roasted tomato and baked beans 1081 kcal

ULTIMATE VEGGIE BREAKFAST V*

10.99

Two vegan sausages, two free range fried eggs, homemade smashed avocado, roasted tomato, three hash browns and baked beans 847 kcal

EGGS BENEDICT

10.99

Toasted English muffin topped with ham, two free range poached eggs and Hollandaise sauce 467 kcal

EGGS ROYALE

11.99

Toasted English muffin topped with smoked salmon, two free range poached eggs and Hollandaise sauce



MEXICAN EGGS V*

9.99

oft tortillas topped with free range fried eggs, omemade smashed avocado, beans, jalapeño: cheese, lime, hot chilli sriracha and sour cream 651 kcal

GARDEN BREAKFAST VE*

9.79

Two vegan sausages, homemade smashed avocado, roasted tomato, three hash browns, quinoa and baked beans 761 kcal

SMASHED AVOCADO & EGGS V[∗]

10.99

Homemade smashed avocado served on toast, topped with two free range poached eggs and drizzled with sriracha 638 kcal

EASY ADD ONS!

Add any item for £1.29

One Rasher of Bacon (Streaky 70 kcal or Back 105 kcal) One British Cumberland Pork Sausage 151 kca

One Free Range Poached Egg V* 76 kcal One Free Range Fried Egg V* 102 kcal

One Vegan Sausage VE* 86 kcal One Slice of Toast & Butter V*

(White 162 kcal or Brown 166 kcal)

Adults need around 2000 kcal a day

Please read important information on the reverse of this menu relating to our vegetarian, vegan and NGCI options, as well as important **allergen** information, to ensure they meet your personal dietary requirements

LIGHTER BITES

Add Chips to any



BIG BREAKFAST ROLL 7.99 Back bacon, streaky bacon, British Cumberland pork sausage and free range fried egg, served with house breakfast sauce on the side 711 kcal

COCONUT & BERRY PORRIDGE VET 5.29

Homemade coconut porridge topped with homemade mixed berry compote, mixed seeds and maple syrup 304 kcal

WELLNESS YOGHURT BOWL **™** 5.49 Yoghurt bowl topped with mixed berries, mixed seeds,

honey and almond granola 448 kcal PORRIDGE & HONEY V 4.99 Homemade porridge drizzled with honey 527 kcal

ALL BUTTER CROISSANT ☑* 3.29 Served with butter and jam 394 kcal

TOAST WITH BUTTER & JAM V Two slices of toast, served with butter and jam. Choice of white 403 kcal or brown 410 kcal

BIG VEGGIE BREAKFAST ROLL **V**[⋆]

7.99

Double vegan sausage, double cheese, free range fried egg, served with house breakfast sauce on the side 635 kcal

BREAKFAST ROLL

5.99

Served with house breakfast sauce

Choose from: BACON 655 kcal or BRITISH CUMBERLAND PORK SAUSAGES 758 kcal or TWO FREE RANGE EGGS V 467 kcal or **VEGAN SAUSAGES** VE* 562 kcal

> Swap your Bun to a Non-Gluten Containing Ingredient Bun NGCI* 1.00



TRADITIONAL BELGIAN WAFFLES Served with maple syrup

TOPPED WITH STREAKY BACON 1066 kcal OR TOPPED WITH MIXED BERRIES V 874 kcal

EXTRAS

3.19

Boost your breakfast!

TWO BRITISH CUMBERLAND	2.39	CHIPS VE* 402 kcal	4.29
PORK SAUSAGES 301 kcal		FOUR HASH BROWNS VE* 409 kcal	3.99
TWO VEGAN SAUSAGES VE* 171 kcal	2.39	TWO HASH BROWNS VE* 205 kcal	2.19
TWO FREE RANGE POACHED EGGS ▼* 152 kcal	2.39	ROASTED TOMATO VE* 27 kcal	2.09
TWO FREE RANGE FRIED EGGS ▼* 160 kcal	2.39	BAKED BEANS VE* 86 kcal	2.09
FREE RANGE SCRAMBLED EGGS ▼ 121 kcal	2.39	SMASHED AVOCADO VE* 51 kcal	2.29
TWO RASHERS OF STREAKY BACON 140 kcal	2.39	TWO SLICES OF TOAST & BUTTER TWO	2.59
TWO RASHERS OF BACK BACON 209 kcal	2.39	BROWN 335 kcal OR WHITE 328 kcal	
SMOKED SALMON 90 kcal	3.49	JAM VE* 79 kcal	0.60

V* = VEGETARIAN VE* = VEGAN

NGCI = NON-GLUTEN CONTAINING INGREDIENTS

Please read information on the reverse of your menu regarding these descriptions

Please Ask For **Our Kids Menu**

Adults need around 2000 kcal a day

Please read important information on the reverse of this menu relating to our vegetarian, vegan and NGCI options, as well as important **allergen** information, to ensure they meet your personal dietary requirements

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