



BREAKFAST

- THE -
BRIDGEWATER EXCHANGE

• MANCHESTER •

Classic Plates

The BIG Breakfast 16.75

Blakeman's Cumberland pork sausages, back bacon, Bury black pudding, eggs any style, baked beans, flat mushroom, roasted tomato, buttered toast and potato tots
Choose from: fried (1318 kcal) or scrambled (1430 kcal) eggs

Veg Market Breakfast VG 12.25

Vegan sausages, smashed avocado, rainbow peppers, flat mushroom, roasted tomato, potato tots, mixed grains and baked beans (700 kcal)

Add eggs your way V 2.75

Choose from: fried (+230 kcal) or scrambled (+316 kcal) eggs

Add a slice of toast V (+219 kcal) 2.25

The Number ONE 12.25

Blakeman's Cumberland pork sausage, back bacon, Bury black pudding, eggs any style, baked beans, flat mushroom, roasted tomato and potato tots

Choose from: fried (937 kcal) or scrambled (1049 kcal) eggs

Add a slice of toast (+219 kcal) 2.25

Bridgewater Breakfast Hash 10.75

Bury black pudding, rainbow peppers, house brown sauce, baby spinach, jalapenos and potato tots. Topped with a fried free range egg (907 kcal)

Go vegan! Ask for your hash with our vegan sausage and no egg VG (884 kcal) 9.75

ADD FRESH OJ 4.75 (148 kcal)

DEAD GOOD EGGS

Smoked Salmon & Scrambled Eggs 12.75

Delicious smoked salmon with creamy scrambled eggs on buttered toast

Choose from:

white (712 kcal), brown (735 kcal) or gluten-free GF (682 kcal) bread

Scrambled Eggs V 10.00

Creamy free range scrambled eggs served on buttered toast

Choose from:

white (599 kcal), brown (622 kcal) or gluten-free GF (569 kcal) bread

Add back bacon (+172 kcal) 2.75

Eggs Benedict 11.25

Back bacon rashers, poached eggs and hollandaise sauce served on an English breakfast muffin (614 kcal)

Eggs Bury-dict 11.75

Bury black pudding, poached eggs and hollandaise sauce served on an English breakfast muffin, finished with crispy bacon pieces and house brown sauce (691 kcal)

Eggs Royale 11.95

Smoked salmon, poached eggs and hollandaise sauce served on an English breakfast muffin (553 kcal)



SWEET THINGS

American Style Pancakes 10.75

Three buttermilk pancakes topped with bacon rashers and served with maple syrup (1051 kcal)

MCR Style Pancakes V 10.75

Three buttermilk pancakes with homemade Vimto compote, fresh berries, and coconut yoghurt (793 kcal)

Vimto French Toast V 11.25

Thick brioche French toast with homemade Vimto compote, fresh berries, coconut yoghurt and nutty granola (759 kcal)

FRESH & LIGHT

Smashed Avocado VG 10.00

With vegan style feta, fresh coriander, lime, breakfast radish, sweet chilli dressing on an English breakfast muffin (604 kcal)

Gluten-free option available V (614 kcal)

Toast & Preserves V 3.75

Two slices of toasted white (335 kcal), brown (358 kcal) or gluten-free (223 kcal) bread served with butter or flora (+32 kcal) and a selection of preserves

Choose from: blackcurrant, raspberry, strawberry jam (+72 kcal), marmalade (+72 kcal) or honey (+97 kcal)

Fruity Granola Bowl V 7.50

Nutty granola with fresh berries, coconut yoghurt, homemade Vimto compote and maple syrup (813 kcal)

Porridge 6.25

Made with your choice of water VG (184 kcal), coconut VG (250 kcal) or semi-skimmed V (280 kcal) milk

Topped with:

Fresh strawberry, banana and maple syrup VG (+158 kcal)

or Homemade Vimto compote V (+44 kcal)

Freshly Baked Croissant V 3.75

All butter croissant with butter and a selection of preserves - ask your server for today's selection (342 kcal)

Danish Pastries V 4.25

Freshly baked every day - ask your server for today's selection (325-440 kcal)

BREAKFAST BARMS

Classic Barm 7.50

A soft white bread roll filled with your choice of:

Back Bacon Rashers (520 kcal)

Blakeman's Cumberland Pork Sausages (598 kcal)

Free Range Fried Eggs V (492 kcal)

Flat Mushrooms & Smashed Avocado VG (396 kcal)

Bridgewater Ultimate Barm 10.00

Blakeman's Cumberland pork sausage, fried egg, back bacon and Bury black pudding (691 kcal)

ADD POTATO TOTS! 2.75 (246 kcal)

HOT DRINKS

Espresso	single (1 kcal) 3.25	double (1 kcal) 3.47
Macchiato	single (5 kcal) 3.25	double (11 kcal) 3.75
Americano (13 kcal)		3.75
Cappuccino (134 kcal)		4.25
Café Latte (145 kcal)		4.25
Flat White (97 kcal)		4.25
Mocha (185 kcal)		4.75
Hot Chocolate (224 kcal)		4.50
Yorkshire Tea (0 kcal)		3.25
Fruit & Herbal Teas (0 kcal)		3.25
Ask a team member for the choices		
Decaf Coffee Available on request		
Milk & Alternatives:		
Semi Skimmed V Coconut VG		

SOFT DRINKS

Still Sparkling Water 330ml (0 kcal)	3.75
Coca-Cola 12oz (136 kcal)	4.75
Diet Coke (1 kcal) Coke Zero (1 kcal) Sprite Zero (20 kcal) Fanta Zero (3 kcal) 12oz	4.50
Vimto Fizzy Original 330ml (63 kcal)	4.25
Appletiser 275ml (132 kcal)	3.75
San Pellegrino 330ml	4.75
Limonata (133 kcal) Aranciata (126 kcal)	
Cawston Press 330ml	4.75
Elderflower Lemonade (7 kcal)	
Fruit Juices 14 oz	3.75
Orange (188 kcal) Apple (187 kcal) Pineapple (216 kcal) Grapefruit (166 kcal) Tomato (79 kcal) Cranberry Juice Drink (191 kcal)	
Fresh Orange Juice (148 kcal)	4.75

SOMETHING A LITTLE STRONGER?

Pomegranate & Elderflower Bellini 10.75

Il Baco da Seta Prosecco, elderflower cordial, pomegranate syrup, pomegranate seeds

Mimosa 10.00

Il Baco da Seta Prosecco, orange juice

Bloody Mary 11.25

JJ Whitley vodka, tomato juice, lemon juice, tabasco, Worcester sauce, salt & pepper, mint sprig, lemon wedge, celery stick

V Vegetarian VG Vegan GF No Gluten

V These dishes are made from ingredients that do not contain meat or fish. VG These dishes are not made with any animal products. GF Dishes are made from products which do not contain gluten as an ingredient. However we do not have a dedicated preparation or cooking area for vegetarian, vegan or gluten free food. *Fish dishes may contain small bones. TRG Concessions only use RSPCA™ Assured Free Range eggs in our restaurants. We follow good hygiene practices in our kitchens, but due to the presence of allergenic ingredients in some products there is a small possibility that allergen traces may be found in any item. We advise you speak to a member of staff if you have any food allergies or intolerance. Or visit our interactive site for more details www.restaurantallergens.com/bridgewater. Adults need around 2000 kcal a day. The calorie information for our menu is calculated from recipes, however, as all our dishes are prepared by hand, some variation may occur. Guidance permits a +/-20% variance on published calorie values. For the latest calorie information please visit our website. We accept Visa, MasterCard, Maestro and American Express. All major currencies are accepted. All prices are inclusive of VAT at the current rate. All prices are in pound sterling. We welcome your feedback, please speak to a member of our management team or email us at: concessions@trgplc.com | 0223



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