

FEGO FAVOURITES

Most of our breakfast dishes can be prepared in gluten-free versions. Please ask your server for details.

Spicy scrambled eggs w/ jalapeños, avocado, pesto-marinated tomatoes, baby spinach, sautéed red onion, cheddar, feta, rocket on poppy & rye sourdough toast **£8.50** V ...add: **smoked salmon £3.95**; **grilled bacon or Cumberland sausage £1.50**

Full Mediterranean two poached eggs, grilled halloumi, peppers & mushrooms, pesto-marinated tomatoes, avocado, spinach, rocket & toasted focaccia **£8.95** V

Ranchero two poached eggs, sautéed potatoes, chorizo, mushrooms, jalapeños, chilli flakes, grilled peppers, smashed avocado, crispy onions, & peppadew & coriander yoghurt **£9.50**

Smashed avocado & poached eggs w/ chilli & herb seasoning on poppy & rye sourdough toast **£8.95** V
Add: **smoked salmon £3.95**; **grilled bacon or Cumberland sausage £1.50**

Breakfast burrito scrambled egg, chorizo, jalapeños, beans, cheddar, avocado, peppadew & coriander yoghurt **£8.95**

TRADITIONAL BREAKFASTS

Full English grilled bacon, Cumberland sausage, two eggs (any style), fried potatoes, tomatoes, mushrooms & baked beans w/ poppy & rye sourdough toast **£10.25** ...add: **hash browns £1.50**; **black pudding £2.00**

Steak & eggs grilled marinated 6oz sirloin, two fried eggs & golden fried potatoes **£12.95**

Eggs Benedict toasted English muffin topped w/ poached eggs, hollandaise & your choice of sausage, bacon or ham **£8.75**; spinach & vine tomatoes **£9.25** V; or smoked salmon **£10.50**

Eggs & toast poached, scrambled or fried on poppy & rye sourdough w/ your choice of tomato & mushrooms **£6.25** V; grilled bacon or Cumberland sausage **£6.75**; or smoked salmon & cream cheese **£8.50**

Pancake stack w/ maple syrup, Cumberland sausage, grilled bacon, potatoes & fried egg **£8.95**

Classic bacon or sausage ciabatta roll **£5.75**

CLEAN EATING

Pecan granola, Greek yoghurt & banana w/ cinnamon, figs, pomegranate & maple syrup **£8.50** V/N

Watermelon, mango & lychee fruit salad w/ yoghurt, pomegranate, berries, apple, pineapple & passionfruit **£7.95** V

Wholegrain porridge w/ strawberries, blueberries, banana & honey **£5.50** V ...*gluten free version available: add £1.00*

Chilled lemon & yoghurt rice w/ pecan & cinnamon granola, date compote & smashed apple **£7.50** V/N

Breakfast smoothie mixed berries, banana, nut & seed granola, almond milk & almond butter, orange juice & honey **£4.95** V/DF/N

Coconut & cashew protein bowl w/ banana, berries, soya milk & date purée **£8.95** V/Nadd *whey protein* **£2.50**

INDULGENT TREATS

Crunchy Nut brioche French toast w/ banana, berries, toasted coconut & almonds, Nutella & maple syrup **£9.50** V/N

Fluffy pancakes w/ maple syrup & your choice of fresh blueberries & berry compote **£6.75** V; grilled bacon **£6.75**

Peanut butter & ricotta toasties w/ mint, honey & pistachio **£4.95** V/N

ON THE SIDE

Toast white, brown, or poppy & rye sourdough w/ butter & preserves **£2.95** V

Croissant w/ butter & preserves **£2.95** V

Spinach **£2.00** V; **Smashed avocado** **£2.00** V;

Baked beans **£1.50** V; **Mushrooms** **£1.00** V;

Hash browns **£1.50** V

EXTRA PROTEIN

Grilled bacon **£1.50**

Cumberland sausage **£1.50**

Black pudding **£2.00**

Smoked salmon **£3.95**

Another egg any style **£1.00** V

V - suitable for vegetarians * DF - dairy free * N - contains nuts although some other items may also contain traces of nuts * Please ask a member of staff for our gluten-free options * All our eggs are free-range * All products are subject to availability * An optional service charge of 12.5% may be added to your bill * Prices include VAT at the current rate * Allergen information available upon request.



BREAKFAST COCKTAILS

Bloody Mary mixed w/ Fego's fiery tomato juice **£5.25**

Bucks Fizz sparkling wine & freshly squeezed orange juice **£5.25**

COFFEE regular / large

We've partnered with speciality coffee roaster Climpson & Sons to bring you a lip-smacking espresso blend made from Brazilian Boa Vista beans. Enjoy any Fego drink with full-fat, almond or soya milk

Cappuccino **£2.85 / £3.05**

Caffé latte **£2.85 / £3.05**

Espresso **£1.95 / £2.30**

Macchiato **£2.00 / £2.40**

Flat white **£2.85**

Americano **£2.30 / £2.70**

Fegoccino low-fat frappé **£3.25 / £4.25**

Add an extra espresso shot, whipped cream, marshmallows, or swap milk for soya / almond milk (all 35p each)

SPECIALS regular / large

Belgian mochaccino w/ white or dark Belgian chocolate **£3.10 / £3.60**

Decadent hot chocolate w/ marshmallows & whipped cream **£3.50 / £3.95**

Chai latte spiced tea w/ fluffy, foamy milk **£3.10 / £3.40**

TEA

Fresh mint tea **£2.25**

Breakfast tea **£2.10**

Birchall teas (flavours below) **£2.50**

Premium teas sourced from a family-owned plantation in East Africa:

Earl Grey · Camomile · Peppermint · Red Bush · Green Tea · Green Tea & Peach · Lemon & Ginger · Red Berry Flower

SMOOTHIES

Breakfast mixed berries, banana, nut & seed granola, almond milk, almond butter, orange juice & honey **£4.95 N**

Berry mixed berries, freshly squeezed orange juice **£3.95**

Tropical passionfruit, pineapple, mango, freshly squeezed orange juice **£3.95**

Green melon, strawberries, mango, spinach, fresh apple juice **£3.95**

JUICES regular / large

Our juices are freshly squeezed on site & contain only fresh fruit & vegetable goodness

Fresh orange or apple juice **£3.50 / £4.25**

Wake up carrot, apple, ginger & watermelon **£3.95 / 4.95**

Trainer grapefruit, orange, apple, kale, ginger, chilli & lime **£3.95 / £4.95**

Recharger orange, carrot, apple, ginger & wheatgrass **£3.95 / £4.95**

Vitality celery, carrot, cucumber, fennel, kale & ginger **£3.95 / £4.95**

Vampire beetroot, celery, carrot, kale & cucumber **£3.95 / £4.95**

WATER

Still or sparkling mineral water 330ml **£2.10**