BREAKFAST CLUB

Mon – Fri • 7.30am – 11.30am

THE SOAK

BAKERY & LIGHT STARTS

CHEF'S DAILY ARTISAN BAKE **4.5**

Croissant (V) 357 kcal
Almond Croissant (V) 506 kcal
Cinnamon Bun (V) 451 kcal

THE FRUIT MEDLEY **7**

Exotic fruits and berries. (VG) (NGCI) 80 kcal

Add Greek yoghurt **+2** (V) (NGCI) 131 kcal

GRANOLA BOWL **7**

Granola, Greek yoghurt, fruit compote, blueberries, banana, maple syrup, pistachio kernels. (V) 484 kcal

BERRY OAT BOWL **7**

Warm rolled porridge oats, blackberries, strawberries blueberries, raspberries, blossom honey, toasted pumpkin seeds.

Choose your milk:

Oat (VG) 336 kcal
Soya (VG) 333 kcal
Semi Skimmed (V) 339 kcal

SWEET PLATES

STACKED AMERICAN PANCAKES **14**

Smoked streaky bacon, buttermilk chicken tenders, maple syrup butter sauce. 974 kcal

TORRIJAS **10**

Sugar glazed brioche eggy bread, Greek yoghurt, blossom honey, pistachio kernels. (V) 592 kcal

EGGS & SOURDOUGH

Classic Poached Eggs on toasted English muffins.

EGGS BENEDICT **10**

Honey roasted ham & hollandaise. 535 kcal

EGGS ROYALE **12.5**

Smoked salmon & hollandaise. 538 kcal

EGGS FLORENTINE **10**

Wilted spinach & hollandaise. (V) 504 kcal

YOUR OMELETTE, YOUR WAY **14**

Served with toasted artisan sourdough bread & dressed leaf salad. (V) 367 kcal

(NGCI) available without sourdough.

Choose any four fillings:

Honey roast ham 30 kcal/25g
Smoked streaky bacon 50 kcal/25g
Baby spinach (VG) 7 kcal/25g
Wild mushrooms (VG) 25 kcal/25g
Roast cherry tomatoes (VG) 23 kcal/25g
Onions (VG) 11 kcal/25g
Red peppers (VG) 9 kcal/25g
Matured Cheddar cheese (V) 103 kcal/25g

SIGNATURE BREAKFASTS

THE SOAK FULL ENGLISH BREAKFAST **20**
Two eggs any style, pork sausage, smoked streaky bacon, roast plum tomato, grilled portobella mushrooms, hash browns. 818 kcal

THE SOAK VEGAN BREAKFAST **20**
Vegan sausage, scrambled tofu, smashed avocado, baby spinach, roast plum tomato, grilled portobella mushrooms, hash browns.
(VG) (NGCI) 633 kcal

BRUNCH CRUMPETS **12.5**
Smoked salmon, cream cheese, roquette, herb oil, poppy seeds. 548 kcal

SUPER SEED, FETA & AVOCADO CRUSH **14.5**
Spiced mashed avocado, crumbled feta, cherry tomatoes, pomegranate seeds, basil, balsamic glaze, pumpkin seeds, and sunflower seeds, toasted sourdough bread. (V) 607 kcal

REFRESHMENTS

FRESHLY SQUEEZED JUICE 250ml **4.5**
Orange 110 kcal / Apple 118 kcal

HOMEMADE SMOOTHIES **6**
Mango Medley
Mango, banana, coconut, lemon, pineapple. 270 kcal

Fresh Fusion
Apple, rocket, cucumber, lemon, kiwi, mint, almond milk. 90 kcal

Berry Breeze
Apple, strawberries, grapes, blueberries, raspberries, honey. 180 kcal

DRINKS WE LOVE

Speciality Coffee

Espresso 3 kcal **3.5**
Macchiatto 10 kcal **3.5**
Cortado 25 kcal **3.5**
Flat White 71 kcal **4.5**
Latte 71 kcal **4.5**
Cappuccino 71 kcal **4.5**
Pistachio Cappuccino 100 kcal **5**
Café Mocha 312 kcal **4.5**
Filter Coffee 3 kcal **4.25**

Speciality Hot Drinks

Chai Latte 185 kcal **5**
White Chocolate Matcha Latte 240 kcal **5.25**
Coconut Vanilla Cream Latte 195 kcal **5.25**
Selection of Teas 1 kcal **4.5**

Soak Hot Chocolate 5

Milk 320 kcal / White 345 kcal / Dark 285 kcal

Speciality Iced Drinks

Caramel Latte 145 kcal **5**
Vanilla Matcha 170 kcal **5.25**
Chocolate Caramel Crush 360 kcal **6**

Add syrup +0.75

Vanilla 25 kcal / Caramel 25 kcal / Hazelnut 27 kcal / Cinnamon 20 kcal

Dairy (whole/semi-skimmed) / Almond / Oat / Soya / Coconut Milk available

(V) Suitable for Vegetarians. (VG) Suitable for Vegan. (NGCI) indicates No Gluten Containing Ingredients.

Adults need around 2,000 kcal a day. If you have any dietary requirements, allergies, or intolerances, please inform your server before placing your order. Please be aware that while we take every precaution to prevent cross-contamination, our kitchens and food preparation areas are not allergen-free environments. All prices are inclusive of VAT at the current rate. A discretionary 13.5% service charge will be added to your bill.