

BREAKFAST MENU



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SMITHFIELDLUTON.COM

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IN A HURRY? Let us know and we'll ensure you are eating in 15 minutes or less

BREAKFAST PLATES

THE BIG BREAKFAST

17.00

Two Cumberland sausages, two back bacon, black pudding, eggs any style, baked beans, flat mushroom, roasted tomato, toast and potato tots

CHOOSE FROM: fried 1318 kcal or scrambled 1349 kcal eggs

VEG MARKET BREAKFAST (VG)

13.00

Vegan sausages, smashed avocado, rainbow peppers, flat mushroom, roasted tomato, mixed grains, potato tots and baked beans 734 kcal

ADD fried 242 kcal or scrambled 326 kcal eggs **(V)**

3.00

ADD a slice of toast with butter **(V)** 219 kcal or vegan spread **(VG)** 233 kcal

2.50

THE NUMBER ONE

13.50

Cumberland sausage, back bacon, black pudding, eggs any style, baked beans, flat mushroom, roasted tomato and potato tots

CHOOSE FROM: fried 880 kcal or scrambled 964 kcal eggs

ADD a slice of toast 219 kcal

2.50

SMITHFIELD BREAKFAST HASH (V)(GF)

13.00

Rainbow peppers, house brown sauce, baby spinach, jalapeños and potato tots. Topped with a fried free range egg 993 kcal

ADD black pudding 95 kcal

3.00

GO VEGAN! Ask for your hash without egg 873 kcal **(VG)**

DEAD GOOD EGGS

SMOKED SALMON & SCRAMBLED EGGS

13.50

Delicious smoked salmon with creamy scrambled eggs on toast

CHOOSE FROM: white 705 kcal, brown 745 kcal or gluten-free bread **(GF)** 674 kcal

SCRAMBLED EGGS (V)

9.75

Creamy free range scrambled eggs served on toast

CHOOSE FROM: white 609 kcal, brown 628 kcal or gluten-free bread **(GF)** 578 kcal

ADD back bacon 172 kcal

3.50

EGGS BENEDICT

12.00

Back bacon rashers, poached eggs and hollandaise sauce served on an English breakfast muffin 639 kcal

EGGS ROYALE

12.75

Smoked salmon, poached eggs and hollandaise sauce served on an English breakfast muffin 540 kcal

FOLDED OMELETTE (GF)

With watercress and filled with Cheddar cheese and sliced fresh tomato **(V)** 447 kcal

11.50

or Cheddar Cheese and Wiltshire ham 472 kcal

12.50

ADD potato tots **(V)(GF)** 475 kcal

4.00

SWEET THINGS

AMERICAN STYLE PANCAKES

11.75

Buttermilk pancakes topped with bacon rashers and served with maple flavoured syrup 1079 kcal

BERRIES & CREAM (V)

11.75

Buttermilk pancakes topped with clotted cream, fresh blueberries, strawberries and blueberry compote 1016 kcal

BLUEBERRY FRENCH TOAST (V)

11.75

Two thick brioche French toast with blueberry compote, fresh berries, coconut yoghurt and oat & raisin granola 790 kcal

COCKTAILS

BLOODY MARY 12.50

Vodka, tomato juice, salt & pepper, fresh lemon, Tabasco, Worcestershire sauce and celery

MIMOSA 11.75

Prosecco topped with orange juice

CLASSIC BELLINI 11.75

A luxurious combination of Prosecco and peach purée

BREAKFAST SANDWICHES

Soft white bread filled with your choice of:

BACK BACON RASHERS 609 kcal

8.75

CUMBERLAND PORK SAUSAGES 655 kcal

8.75

FREE RANGE FRIED EGGS (V) 560 kcal

8.75

FLAT MUSHROOMS & SMASHED AVOCADO (VG) 494 kcal

8.75

ULTIMATE SANDWICH

11.50

Cumberland sausage, fried egg, back bacon and black pudding 752 kcal

ADD POTATO TOTS TO ANY SANDWICH (VG) 475 kcal **4.00**

FRESH & LIGHT

SMASHED AVOCADO (VG)

10.25

With vegan feta, watercress, lime, breakfast radish and lime & chilli dressing on an English breakfast muffin 475 kcal

Gluten-free option available **(V)** 487 kcal

ADD poached eggs **(V)** 155 kcal

3.00

TOAST & PRESERVES (V)

4.00

Two slices of toasted bread served with butter and a selection of preserves

CHOOSE FROM: white 336 kcal, brown 355 kcal or

gluten-free bread 223 kcal

CHOOSE FROM: jam 72 kcal, marmalade 72 kcal or honey 97 kcal

FRUITY GRANOLA BOWL (V)

8.00

Oat & raisin granola with fresh berries, coconut yoghurt, blueberry compote and maple flavoured syrup 857 kcal

PORRIDGE

7.25

Made with your choice of water **(VG)** 184 kcal,

coconut **(VG)** 248 kcal or semi-skimmed milk **(V)** 280 kcal

TOPPED WITH:

Fresh strawberry, banana and maple flavoured syrup **(VG)** +121 kcal

or blueberry compote **(VG)** +47 kcal

FRESHLY BAKED CROISSANT (V)

3.50

All butter croissant with butter 443 kcal

DANISH PASTRIES (V)

3.50

Freshly baked every day - ask your server for today's selection

(V) These dishes are made from ingredients that do not contain meat or fish. (VG) these dishes are made from ingredients that do not include any animal derivatives. (GF) These dishes are made with ingredients which do not contain gluten. However, we do not have dedicated preparation or cooking areas within our kitchen for vegetarian, vegan or gluten free food. Not all ingredients are shown in the dish descriptions. We follow good hygiene practices in our kitchens, but as our food is prepared & freshly cooked to order in our busy kitchen, there may be a risk that traces of allergens & gluten can be found in any dish. We are happy to provide you with allergen guidelines for all our menu items. For more detailed information please ask one of our crew. For full details visit www.restaurantallergens.com/th smithfield. Our fish is a natural product & may contain small bones. TRG Concessions only use RSPCA Assured™ shell eggs in our restaurants. This means we use suppliers and farmers that adhere to the RSPCA welfare standard and have been checked by RSPCA assessors. 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. | 1124