

Stow's

RESTAURANT

Breakfast Menu

Available till 12 Noon

Cooked Breakfasts

THE FAT BOY **£15.00**

A hearty double serving of eggs, bacon, sausages, tomatoes and hash browns, served with two rounds of toast, baked beans, mushrooms and black pudding.

THE FAT BOY SLIM **£12.00**

One egg, bacon, sausage, tomato and hash brown, served with a round of toast, baked beans, mushrooms and black pudding.

LOW CARB LOVELY **£11.00**

Two eggs, two sausages, two rashers of bacon and black pudding — a hearty, protein-packed breakfast.

VEGGIE SUPREME (V) **£11.00**

Two eggs, two veggie sausages, fresh spinach, baked beans, mushrooms, tomatoes and a round of toast.

A Little Different

SUSSEX SMOKEY **£8.00**

Smoked salmon, cream cheese and mushrooms on toast.

SWEET PANCAKES **£8.00**

Fluffy american-style pancakes with berries topped with either Maple Syrup / Biscoff / Nutella / Strawberry Jam.

SAVORY PANCAKES **£8.00**

Fluffy american-style pancakes served with bacon and maple syrup.

WINTER PORRIDGE (V) **£6.00**

A hearty bowl of porridge, cooked with milk, served with berries and a drizzle of maple syrup.

Eggs

SAVORY OMELETTE (V) **£10.00**

Three egg omelette with two fillings.

Choose from either

Cheese, Ham, Mushroom, Onion.

EGGS BENEDICT **£9.00**

Two rashers of bacon, two soft poached eggs on a warm muffin, topped hollandaise sauce.

EGGS ROYALE **£9.00**

Two soft poached eggs served with smoked salmon on a warm muffin served with hollandaise sauce.

Smaller Appetites

EGGS ON TOAST **£6.00**

Poached / Scrambled / Fried eggs on toast

BACON ROLL **£6.00**

SAUSAGE ROLL **£6.00**

MUSHROOMS ON TOAST (VG) **£6.00**

BAKED BEANS ON TOAST (VG) **£6.00**

TOAST **£3.95**

Two slices of toast with Butter / Strawberry Jam / Peanut Butter / Nutella / Biscoff Spread.

For allergens, Please speak with one of our crew members.

Sausages and Hash Browns are Gluten Free.

Gluten Free Toast is Available.

We can accommodate dietary requirements upon request.

Please speak to a crew member when placing your order.



v = Vegetarian vg = Vegan gf = Gluten free