

# BREAKFASTS

10-12

## BUILD YOUR OWN BREAKFAST

### ALL ITEMS £1

Two rashers of bacon  
Sausage/vegan sausage  
Fried egg  
Poached egg  
Mushrooms  
Tomato  
Two hash browns  
Baked beans  
Black pudding  
Spinach  
White/brown toast

## TASTY EGGS

### SCRAMBLED EGGS ON TOAST £5 <sup>0A</sup>

#### EGGS BENEDICT £7

English muffin, bacon, two poached eggs and hollandaise sauce <sup>0A</sup>

#### EGGS FLORENTINE £7 <sup>v</sup>

English muffin, sautéed spinach, two poached eggs and hollandaise sauce <sup>0A</sup>

## TREATS

### CHOCOLATE BROWNIE £3

### BISCOFF BLONDIE £3

### MILLIONAIRE SHORTBREAD £3

### CHOC CHIP COOKIE £2

Instow  
arms

**ALLERGENS:** Please advise your server of any special dietary requirements, including intolerances and allergies. Our staff will advise you on alternative dishes if possible. However, while we do our best to reduce the risk of cross-contamination at The Instow Arms, we cannot guarantee that any of our dishes are free from allergens and therefore cannot accept any liability in this respect. Guests with severe allergies are advised to assess their own level of risk and consume dishes at their own risk.



Many of our meals can be adapted to suit your dietary needs.

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