

Breakfast

WE SERVE BREAKFAST UNTIL 4PM.

BREAKFAST

My Kitchen Special	£7.45
2 bacon, 2 sausage, 1 egg, hash browns, beans and 1 toast	
V Spinach and feta frittata	£8.45
Served with grilled tomatoes, mushrooms, avocado and toast	
Big full English	£9.45
2 bacon, 2 sausage, 2 eggs, mushrooms, hash browns, beans and toast	
7oz steak breakfast	£12.95
Rump steak served with grilled tomatoes, 2 eggs, hash browns, mushrooms and 2 toast	
Eggs and smoked salmon	£8.95
Fresh Scottish smoked salmon served with scrambled eggs and grilled tomatoes on 2 crusty toast	
V Large Vegetarian	£8.45
2 vegetarian sausages, 2 eggs, hash browns, mushrooms, beans and 2 toast	
American pancakes	£8.45
Served with 2 bacon, 1 sausage, scrambled eggs and maple syrup	
American pancakes with fruit	£9.45
Served with strawberries, banana, blueberries and maple syrup	
Eggs Benedict	£8.45
Served with bacon or ham	
Eggs Royale	£9.45
Served with Scottish smoked salmon	
Eggs Florentine	£8.45
Served with spinach and avocado	
Sausage, egg, chips and beans	£7.45
Bacon, egg, chips and beans	£7.45
Ham, egg and chips	£7.90

GOURMET NUTRITION

Protein steak breakfast	£12.95
Rump steak served with protein pancake, 2 poached eggs, spinach, avocado, mushrooms and grilled tomatoes	
Protein chargrilled chicken breakfast	£11.45
Fresh chargrilled chicken breast served with protein pancake, 2 poached eggs, spinach, avocado, mushrooms and grilled tomatoes	
V Protein pancakes	£9.45
Our signature special recipe pancakes can be eaten pre or post workout. They contain egg white, organic oats and whey protein. Served with mixed fruit, peanut butter and honey	
Poached tower	£8.45
A breakfast tower of 4 poached eggs, 4 rashers of bacon and spinach served with protein pancakes. Granary toast also available	
Poached tower with salmon	£9.45
A breakfast tower of 4 poached eggs, Scottish smoked salmon and spinach served with protein pancakes. Granary toast also available	
V White omelette	£9.45
6 egg white omelette served with a choice of 2 toppings: Spinach, pepper, tomato, sweetcorn, mushroom, avocado, onion, cheddar, halloumi, chicken, bacon, ham. Extra toppings 50p	
Smoked salmon and spinach	£8.45
4 poached eggs served with smoked salmon, spinach and grilled tomatoes	

LIGHT BITES

Bacon sandwich	£5.50
Sausage sandwich	£5.50
Egg sandwich	£3.95
Cheese on 2 crusty toast	£4.95
Mushrooms on 2 crusty toast	£4.95
Eggs on 2 crusty toast	£4.95
Fried, poached or scrambled	
Beans on 2 crusty toast	£4.95
Tomatoes on 2 crusty toast	£4.95
Tinned or grilled	
Omelette with 1 topping	£8.45
Served with chips, side salad and homemade coleslaw. Toppings include: cheese, mushrooms, onion, peppers, bacon, spinach. Extra toppings 50p each	

EXTRAS

ONLY CAN BE ADDED TO A BREAKFAST

Bacon 95p / sausage 95p / vegetarian sausage 95p /
black pudding £1.40 / hash browns £1.20 /
scrambled egg £1.50 / fried or poached egg 70p /
beans 70p / fresh or tinned tomatoes 70p /
mushrooms £1.50 / avocado £1.50 /
extra toast 70p

MY
Kitchen
RESTAURANT

SANDWICHES/WRAPPS

Choose from white or granary crusty bread, gluten free bread, white/wholemeal wraps, rustic baguette, ciabatta.
Served with side salad and homemade coleslaw.

Tuna mayonnaise	£5.20
Chargrilled Cajun chicken	£6.45
Ham off the bone	£5.95
BLT	£5.45
Chicken, brie and spinach.....	£6.95
Chicken, bacon and mayo.....	£5.95
Coronation chicken	£5.95
Prawns with rocket and marie rose sauce	£6.95
Scottish salmon and cream cheese.....	£6.95
Fish finger.....	£5.95
Club sandwich	£7.95
Chicken and avocado	£6.95
Chargrilled steak and onion.....	£7.45
Duck, cucumber and onion.....	£7.45

JACKETS

Served with side salad and homemade coleslaw.

Tuna mayonnaise.....	£7.45
Chicken, brie and spinach	£7.95
Prawns with marie rose sauce	£7.95
Chicken, bacon and mayo.....	£7.45
Coronation chicken	£7.45
Salmon and cream cheese	£7.95
Chilli con carne	£7.95
Cheese and beans	£7.45

MAINS

All mains come with a choice of chips, curly fries or sweet potato fries.
Served with side salad and homemade coleslaw.

Veggie burger.....	£11.45
Spicy bean burger, served with tomato, lettuce and mayonnaise	
Chargrilled chicken burger.....	£11.95
Spicy bean burger, served with tomato, lettuce and mayonnaise	
7oz chargrilled rump steak	£13.45
Rump steak served with mushrooms, grilled tomato, onion rings, fine beans, broccoli and a choice of chips or curly fries	
Steak Sauces.....	each £1.45
Peppercorn, creamy mushroom, blue cheese.	

LUXURY SALADS

Salad contains iceberg lettuce, tomato, cucumber, carrot, red pepper, red onion, and coleslaw. Served with herby diced potatoes.

Smoked haddock and fishcake	£10.95
Salmon and prawns with Marie Rose sauce.....	£12.95
Crispy duck	£11.95
Chargrilled chicken, bacon and feta	£11.95
Chargrilled chicken, bacon and halloumi	£12.95
V Halloumi and olives	£11.95

COLD DRINKS

Coke / Diet Coke / Sprite / Fanta.....	£2.45
Orange / pineapple / apple (ALL FROM CONCENTRATE).....	£2.45
Cranberry juice	£2.45
Still or sparkling water	£1.95
Fresh fruit smoothie (NOT SUITABLE FOR NUT ALLERGY SUFFERERS)	£3.95
Luxury thick milkshakes (NOT SUITABLE FOR NUT ALLERGY SUFFERERS)	£3.95
Workout smoothie (NOT SUITABLE FOR NUT ALLERGY SUFFERERS)	£3.95
Syntha 6 protein shakes (NOT SUITABLE FOR NUT ALLERGY SUFFERERS)	£3.95

HOT DRINKS

Tea	£1.50
Teapigs	£2.45
Filter coffee	£1.95
Cappuccino.....	£2.45 / double £2.95
Latte	£2.45 / double £2.95 / flavoured 50p
Espresso.....	£1.00 / double £2.00
Macchiato	£1.50
Americano.....	£2.45
Hot chocolate	£2.45
Luxury hot chocolate - whipped cream and marshmallows.....	£2.65
Mocha	£2.45