

Good Morning!

In a hurry?

Let us know and we'll ensure
you are eating in 10 minutes or less.

HOT DRINKS

Decaf coffee, oat and coconut milk alternatives are available

Coffee

Espresso <i>1 kcal</i>	3.5	Cappuccino <i>193 kcal</i>	4.5
Double Espresso <i>1 kcal</i>	4.25	Latte <i>197 kcal</i>	4.5
Americano <i>1 kcal</i>	4.25	Mocha <i>257 kcal</i>	4.75
Macchiato <i>6 kcal</i>	3.5	Flat White <i>98 kcal</i>	4.5

Tea

Yorkshire Tea <i>0 kcal</i>	3.5	Mao Feng Green Tea <i>0 kcal</i>	3.75
Fresh Mint Tea <i>2 kcal</i>	3.75	Super Fruit Tea <i>0 kcal</i>	3.75
Peppermint Tea <i>0 kcal</i>	3.75	Darjeeling Earl Grey Tea <i>2 kcal</i>	3.75
Chamomile Tea <i>0 kcal</i>	3.75	Green Tea & Mint Tea <i>0 kcal</i>	3.75

Hot Chocolate *227 kcal* | 4.75

S O F T S

Still Water <i>0 kcal</i>	3.75	Apple <i>158 kcal</i>	3.75
Sparkling Water <i>0 kcal</i>	3.75	Pineapple <i>172 kcal</i>	3.75
Fresh Orange <i>154 kcal</i>	4.25	Cranberry Juice Drink <i>21 kcal</i>	3.75
Grapefruit <i>147 kcal</i>	3.75	Tomato <i>154 kcal</i>	3.75

Apiary

BAR + EATERY

(v.) Vegetarian *(gf)* Gluten Free *(pb.)* Plant Based

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 <https://tkmenu.com/apry>. Vegetarian means these dishes are made from ingredients that do not contain meat or fish. Plant based means these dishes are made from ingredients that do not contain any animal products. Gluten free means these dishes do not contain gluten as an ingredient. However, we do not have dedicated preparation or cooking areas within our kitchen for vegetarian, vegan or gluten free food. *Approximate weight uncooked. *Our fish is a natural product & may contain small bones. Not all ingredients are shown in the dish descriptions. We follow good hygiene practices in our kitchens, but due to the presence of allergenic ingredients in some products there is a small possibility that allergen traces may be found in any item. We advise you to speak to a member of staff if you have any food allergies or intolerances. For full details visit <https://tkmenu.com/apry>. 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.

We accept all major credit cards and currencies. Our prices include VAT at the current rate. All prices are in pound sterling. Gratuity is discretionary and all tips are kept by your server. We welcome your feedback. Email: concessions@trgplc.com Post: TRG Concessions, 5-7 Marshelsea Road, London SE1 1EP www.trgconcessions.co.uk | 0425

BREAKFAST COCKTAILS

Bloody Mary | 15.5

Ketel One vodka, tomato juice, lemon juice, Worcestershire sauce, Tabasco, horseradish, celery, black pepper, cornichon, olive

Mimosa | 13.5

Cremant d'Alsace Dopff sparkling wine, Cointreau, orange juice

MORNING PLATES

English Breakfast | 14.5

Back bacon, Cumberland sausage, Bury black pudding, mixed mushrooms, roasted tomato, sourdough toast, fried egg 833 kcal or scrambled egg 971 kcal

Large English Breakfast | 17

Rashers of back bacon, two Cumberland sausages, Bury black pudding, mixed mushrooms, roasted tomato, baked beans, potato tots, sourdough toast, fried eggs 1428 kcal or scrambled eggs 1483 kcal

Vegetarian English Breakfast | 15.5

Hot-honey grilled halloumi, smashed avocado, mixed mushrooms, roasted tomato, baked beans, sourdough toast, fried eggs 1103 kcal or scrambled eggs 1142 kcal (v)

EGGS

Oak-Smoked Salmon & Scrambled Eggs
on Sourdough Toast 717 kcal | 15.5

GF available +46 kcal (gf)

Eggs Benedict | 12.25

Thick-cut ham, poached eggs, hollandaise, toasted crumpet loaf 556 kcal

Eggs Florentine | 12.25

Wilted spinach, poached eggs, hollandaise, toasted crumpet loaf 585 kcal (v)

Eggs Royale | 14

Oak-smoked salmon, poached eggs, hollandaise, toasted crumpet loaf 574 kcal

Eggs on Sourdough Toast | 11

Choose fried eggs 636 kcal or scrambled eggs 691 kcal (v)

GF available +46 kcal (v)(gf)

Add mixed mushrooms +71 kcal (v)(gf) for £2.5

Add bacon +194 kcal (gf) for £3

FARM TOASTS

Avocado Smash | 11.75

Smashed avocado, tomato salsa, sourdough toast, nigella seeds, pickled red onions, basil oil 638 kcal (pb)

GF available +46 kcal (v)(gf)

Add poached eggs +158 kcal (v)(gf) for £2.5

Add bacon +194 kcal (gf) for £3

Salmon Farm Toast | 14.25

Flaked salmon, hard-boiled egg, homemade labneh cheese, avocado, sourdough toast, pickled red onions, capers 601 kcal

GF available +46 kcal (gf)

SWEETER SIDE

French Toast | 10.5

Brioche, blueberry compote, crème fraîche, maple-flavoured syrup 766 kcal (v)

Crunchy Granola | 7.75

Fresh berries, blueberry compote, coconut yogurt 663 kcal (pb)

Porridge | 6.5

Coconut milk, blueberry compote, honey 370 kcal (v)

BREAKFAST BUNS

Full Works | 12.5

Back bacon, Cumberland sausage, fried egg 689 kcal

Back Bacon 542 kcal | 9.25

Cumberland Sausage 654 kcal | 9.25

BAKERY

Pain au Chocolat 386 kcal (v) | 3.75

Pain au Raisin 432 kcal (v) | 3.75

Croissant 342 kcal (v) | 3.75

Sweet Muffins | 4.25

Ask for the selection available today (v)

Toasted Crumpet Loaf | 4.25

Apiary burnt honey butter 411 kcal (v)

Sourdough Toast & Butter 552 kcal (v) | 4

GF available +46 kcal (gf)

Ask to add a tasty preserve (v) for £1

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