

# 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 ROLLS

- BUTCHER'S BEST** 12.50  
Sausage, bacon and a fried egg, served with hash browns 1095 kcal
- GREENGROCCER'S CHOICE (VG)** 12.00  
Veggie sausages, vegan bacon and crushed avocado, served with hash browns 757 kcal

## DEAD GOOD EGGS

- BUBBLE & SQUEAK (NG)** 11.50  
Poached egg and classic hollandaise on homemade bubble and squeak, with your choice of:  
**BACON** 604 kcal  
**SPINACH (V)** 438 kcal
- RAREBIT TOAST** 10.50  
Beer cheese and mustard rarebit toast, topped with a fried egg and hot honey 535 kcal
- SMOKED SALMON & SCRAMBLED EGGS** 14.00  
Delicious smoked salmon with creamy scrambled eggs on toast 611 kcal  
Available on gluten free toast (NG)
- EGGS BENEDICT** 13.00  
Bacon, poached eggs, hollandaise sauce and a drizzle of chilli oil served on toasted crumpet loaf 704 kcal
- EGGS ROYALE** 14.50  
Smoked salmon, poached eggs, wilted spinach, hollandaise sauce, pickled shallots and a drizzle of chilli oil served on toasted crumpet loaf 632 kcal

- VEGGIE OMELETTE (V)** 12.50  
Butternut squash, red onion and garlic mushrooms in a cheesy omelette, served on toast 948 kcal  
Available on gluten free toast (NG)
- HAM & CHEESE OMELETTE** 12.50  
Creamy omelette stuffed with Wiltshire ham and cheddar cheese, served on toast 959 kcal  
Available on gluten free toast (NG)

## 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
- WHITE PEACH BELLINI** 11.75  
A luxurious combination of Prosecco and peach purée

## BREAKFAST PLATES

- NUMBER ONE BREAKFAST** 14.50  
Cumberland sausage, back bacon, eggs any style, baked beans, garlic mushrooms and a hash brown 625 kcal

- SMITHFIELD BIG BREAKFAST** 17.25  
Double Cumberland sausages, double back bacon, extra eggs any style, baked beans, garlic mushrooms and a hash brown 970 kcal

- VEG MARKET BREAKFAST (V)** 14.00  
Two veggie sausages, eggs any style, fresh avocado, mixed grains, garlic mushrooms, baked beans and a hash brown 724 kcal

- VEGAN BREAKFAST (VG)** 15.00  
Two veggie sausages, vegan bacon, fresh avocado, mixed grains, garlic mushrooms, baked beans and a hash brown 597 kcal

**ADD TOAST TO ANY BREAKFAST (V)** 340 kcal **3.00**

## FRENCH TOAST

THICK BRIOCHE FRENCH TOAST TOPPED WITH:

- BACON AND MAPLE-FLAVOURED SYRUP** 766 kcal 12.50
- CHOCOLATE SAUCE, CLOTTED CREAM & SOUR CHERRY COMPOTE (V)** 929 kcal 12.50

## FRESH & LIGHT

- SMASHED AVOCADO (VG)** 10.75  
Crushed avocado and spiced tomato salsa on toasted bloomer, topped with omega seeds and chilli flakes 339 kcal

- Available on gluten free toast (V)(NG)
- ADD poached eggs (V)(NG)** 154 kcal 3.00
- ADD back bacon (NG)** 172 kcal 3.50
- ADD vegan bacon (VG)** 57 kcal 3.50

- MUSHROOM & AVOCADO TOAST (V)** 11.00  
Garlic mushrooms, fresh avocado, feta and cherry tomatoes on toast, topped with chilli oil and pickled shallots 460 kcal  
Available on gluten free toast (NG)

- FRUITY GRANOLA BOWL (VG)(NG)** 8.50  
Oat granola with blueberries, coconut yoghurt, peach & apricot compote, toasted coconut chips and pomegranate seeds 442 kcal

- TOAST & PRESERVE** 4.00  
Two slices of toast and your choice of preserve - ask for the selection available 418 kcal

- CROISSANT & BUTTER (V)** 398 kcal 3.50

- FRESHLY BAKED PASTRIES (V)** 3.50  
Ask your server for today's selection

(V) Vegetarian (VG) Vegan (NG) Made with ingredients that do not intentionally contain gluten. If you have any food allergies or intolerances please speak to a member of the team before you order, and ask to see our interactive allergen guide with the 14 legally defined allergens. We take every care to prevent cross-contamination but can't guarantee your dish will be free from allergenic ingredients as our food and drinks are prepared in busy kitchens where cross-contamination may occur. Menu descriptions don't list all ingredients, and recipes are subject to change. Adults need around 2000 kcal a day. For full allergen and nutritional information visit [tkmenus.com/th smithfield](http://tkmenus.com/th smithfield). Prices stated are GBP and include VAT at the current rate. All major credit cards and currencies accepted. Gratuities are discretionary and distributed 100% to our team. We welcome your feedback - email: [guestexperience@trgplc.com](mailto:guestexperience@trgplc.com) or post: trgc, 5-7 Marshalsea Road, London, SE1 1EP [www.trgconcessions.co.uk](http://www.trgconcessions.co.uk) | 0526