

# Rise & Shine



## A HEARTY BREKKIE

### FULL SUFFOLK BREKKIE | £16

Fried Hen's Egg | Dry Cured Bacon | Procter's Sausage | Retreat East Baked Beans | Black Pudding | Field Mushrooms | Tomatoes | Hash Brown | Sourdough Toast

### KIDS SUFFOLK BREKKIE | £10

Fried Hen's Egg | Dry Cured Bacon | Procter's Sausage | Toast

### FULL PLANT-BASED BREKKIE | £14

Crushed Peas & Broad Beans | Retreat East Baked Beans | Field Mushrooms | Spinach | Tomatoes | Hash Brown | Sourdough Toast | VE, DF

### TWO EGGS ON TOASTED SOURDOUGH | £12

Scrambled, Fried or Poached. Served with Rocket, Retreat East Chilli Sauce and Chives | VEG, GFO

### FRENCH TOAST | £12

Bacon, Blueberries & Maple Syrup

### OVERNIGHT OATS | £10

Chia Seeds, Fresh Fruit, Vegan Yoghurt, Agave Syrup V, VE, GF

## DIETARIES & SERVICE CHARGE

## CONTINENTAL

COMPLIMENTARY FOR RESIDENT GUESTS - PLEASE HELP YOURSELF TO THE FOLLOWING:

Homemade Blueberry Muffins GF  
Selection of Cereals

Seasonal Fruit

Freshly Baked Pastries & Croissants

Natural Yoghurt

Local Artisan Cheeses

Sliced Cured Meats

Suffolk Honey & Preserves

Variety of Juices

The choice of filter coffee or Joe's Organic Tea

## FRESHLY BAKED BAGELS

### BACON BAGEL | £12

Bacon, Procter's Sausage & Fried Egg

### SMOKED SALMON BAGEL | £10

Cream Cheese with Dill, Lemon, & Red Onion, Rocket

### CRUSHED PEAS & FETA BAGEL | £8

Retreat East Chilli Sauce Rocket, V, VEO

V - Vegetarian | VE - Vegan | GF - Gluten Free | VEO - Vegan Option | GFO - Gluten Free Option | VEO - Vegan Option. The Great Barn restaurant only accepts card payments - A discretionary 12.5% service charge will be added to your bill.