

# TEALS

Breakfast

8-11am Mon-Sat, 9-11am Sun

Somerset Orchard farm pressed apple juice £3.25

## Locally made pastries

Croissant	£3
Pain au chocolat	£3.6
Almond croissant	£4.8
Sourdough toast, Somerset butter, preserves (v)	£6.5
Teals' granola, Dorset Dairy yoghurt, seasonal compote (v)	£6.5
Gluten free overnight oats, seasonal compote (vg)	£7

Add granola (vg) +£1.5

## Buns

Smoked Westcountry bacon bun	£7.5
Sausage bun	£7.5
Mushroom & egg bun (v)	£6.75
Just egg bun (v)	£6.25

## Plated Breakfasts

Poached eggs, hung yoghurt, hot honey, brown butter croutons, with wild garlic, hazelnut & asparagus pesto (v) £9

Add sourdough toast £2.25

Teals' vegetarian English: fried Somerset eggs, winter greens, house made beans, portobello mushroom, crispy English halloumi, sourdough toast (v) £14

Teals' full English: fried Somerset egg, smoked Westcountry back bacon, sausage, house made beans, portobello mushroom, Fruit Pig black pudding, sourdough toast £16

The full English breakfasts are created using the best of local suppliers and in house products.

We politely request that there are no modifications to ensure you receive your food with minimal wait time.

Many thanks

\*(v) vegetarian, (vg) vegan

A discretionary 10% service charge will be added to your bill. Please inform your waiter of any allergens or intolerances - we can often adapt dishes to meet your needs. Note our open kitchen does not guarantee against cross contamination.

## Welcome

If you are joining us for the first time, you may be curious to know a little more about us.

We're an independent business, run by a small team drawn mostly from the local area, that opened its doors in the 2020 pandemic. In addition to our restaurant, you'll find most of what you'd expect from a rural food market alongside an array of foodie treats, thoughtful gifts, a takeaway for those in a hurry and plenty of outside space to stretch your legs.

We were recently certified B Corp™ - an award for companies that prioritise people and planet as they grow. Through a challenging certification process we were recognised in particular for our successes in championing local producers and fostering community - this makes us very happy!

In the restaurant, our no.1 priority is to cook you tasty food in a warm and relaxed setting - we try not to let anything get in the way of this. What's a little different about Teals is how we go about things behind the scenes – an approach we call 'positive impact cooking.' Here's what that means;

First, we underpin taste and excitement with thrift, using the most of each raw ingredient and cooking in our efficient wood oven whenever possible to minimize waste and energy use. Second, what you eat is created from scratch and with no cut corners meaning more flavour, healthier meals, less packaging. Third, menus change often, helping our small team work closely with the seasons and maximise support for small-scale independent producers. And finally, these producers will be as local as possible whenever possible, ensuring you leave us with an enduring taste of Somerset, whilst we leave more food miles 'in the garage.'

Pioneering this 'positive impact' approach has been rewarding - it has a humility we enjoy and a respect for local produce that our suppliers welcome. We have seen it foster greater creativity in our team and closer collaboration with our partners, helping Teals become one of the most interesting places to eat in this dynamic and evolving food region. We have also proved good food cooked simply by a small but skilled team doesn't have to cost the earth (in both senses).

In fact, it maintains a healthy balance between what you pay, what we earn and what goes directly into the hands of local producers. We're therefore especially grateful you have chosen to visit because whilst you eat, you're also supporting the communities around us and helping to preserve a brilliant local way of life. Positive impact all round!

Thank you and much warmth,

Nick and Ash