

Viennoiserie

all made on the premises

Croissant <i>au</i> Beurre.....	4.25	Blueberry and White Chocolate Muffin.....	3.50
Pain <i>au</i> Chocolat.....	4.75	Croissant <i>aux</i> Amandes	4.75
Pain <i>aux</i> Raisins.....	4.75	Fruit Danish.....	4.50
Doughnut.....	4.75	Maple Glazed Cruller....	4.75
Beaumont Breakfast Scones <i>with whipped butter and preserves</i> 5.00			

Cold Breakfast

Yoghurt: Natural, Low Fat, Goats', Coconut.....	6.50		
<i>with a mixed berry compote</i>	9.25		
Prune & Elderflower Compote.....	6.75		
Pink Grapefruit.....	<i>natural</i> 6.75 <i>caramelised</i> 7.75		
Muesli.....	8.00	Bircher Muesli	8.25
Granola.....	8.00	<i>with</i> Banana	8.75
Fresh Fruit Salad.....	10.25		

Yoghurt Pots

Savoury greek yoghurt, cucumber, avocado, tomato & olive	9.25
Seasonal Fruit lemon yoghurt, granola & strawberry compote	10.00
Superfoods low fat yoghurt, blueberries, goji berries & chia seeds	10.50

Buttermilk Pancakes

Maple Syrup	12.75	Maple Syrup & Cured Bacon	14.25	Mixed Berries	16.25
-------------	-------	---------------------------	-------	---------------	-------

Hot Breakfast

Classic Porridge.....	8.25
Almond Milk Porridge, Goji Berry <i>and</i> Banana.....	10.50
Crispy Bacon Roll.....	10.00 <i>with fried egg</i> 12.25
Mashed Avocado <i>on</i> Granary Toast.....	12.25
House-made Baked Beans <i>with</i> Pancetta <i>on</i> Toast.....	13.50
<i>with fried or poached egg</i>	15.50
Sweetcorn Fritter <i>with</i> Avocado <i>and</i> a Fried Egg.....	12.75
Smoked Salmon, Bagel & Cream Cheese.....	14.50
Smoked Salmon, Scrambled Eggs.....	18.50

Eggs

Poached, Fried <i>or</i> Scrambled Eggs 8.00	Benedict... <i>small</i> 10.25 <i>large</i> 19.00
2 Boiled Eggs <i>with</i> Soldiers.....	9.50 Florentine <i>small</i> 11.25 <i>large</i> 21.00
Omelettes <i>from</i>	11.75 Arlington.. <i>small</i> 12.25 <i>large</i> 23.00

The English 23.75

choice of Fried, Poached *or* Scrambled Eggs *with* Bacon,
Sausage, Tomato, Black Pudding *and* Mushroom
vegetarian option available

Toast: *baguette, white bloomer, wholemeal bloomer, sourdough,*
gluten free: white and wholemeal 3.50

Duck Egg Hashes

Portobello Mushroom & Spinach Hash	16.75
Corned Beef Hash	18.75
Smoked Haddock Hash	18.75

Juices

Juice *of the Day* English Apple Grapefruit Orange
Carrot & Ginger The Colony's Green Juice

all juices small 4.75 large 5.75

Shot of Cold Pressed Ginger Juice 3.50

Smoothie of the Day 6.75 *with Protein* 7.50
please ask your server

Coffees and Teas

COFFEE

Espresso *small* 3.25 *large* 4.25 Macchiato *small* 3.25 *large* 4.25

Noisette 3.25 Café Crème *small* 4.25 *large* 5.25

Cappuccino *small* 4.25 *large* 5.25 Marocchino 4.50

Americano (Pot) 5.25 Mocha 5.25

*all available decaffeinated and with a choice of
cow's, oat, almond, coconut or soya milk
extra shot 1.25 with whipped cream 1.25*

SELECTION OF TEAS AND INFUSIONS

English Breakfast 4.25 Earl Grey 4.25

Darjeeling 4.25 Ceylon 4.75 Assam 4.75

Green 4.75 Jasmine 4.75 Lapsang Souchong 4.75

White Tip ~ Pai Mu Tan 6.50

Canarino 4.00 Camomile 4.50 Verveine 4.50 Fresh Mint 4.50

Prices include VAT

A discretionary 12½% Service Charge will be added to your bill

All gratuities are managed independently

No intrusive or flash Photography ~ No Cheques