

# The Talbot Hotel

Eatery & Coffee House

## BREAKFAST

Here at The Talbot we believe that breakfast is definitely the most important meal of the day, so please make the most of our delicious breakfast and start your day the best possible way.

Continental **£7.50**, Full English **£12.50**

Served 7am – 9.30am Monday to Friday, 8am – 10.30am Saturday, Sunday and Bank Holidays

Pot of tea or cafetière of coffee served to your table. Please help yourself to our buffet selection.

### CONTINENTAL

#### ASSORTED JUICES

Orange, apple, cranberry SD, E

#### FRESH FRUIT SALAD

SD, E

#### CROISSANTS & PASTRIES

D, E, G, L, N

#### NATURAL YOGHURT

Red berry compôte, granola, seeds

D, G, L, SD

#### CEREALS & MUESLI

G, L, N, SD

#### GRANARY OR WHITE TOAST

Tiptree preserves G, L, N, SD

### COOKED TO ORDER

#### THE TALBOT FULL ENGLISH

Smoked bacon, sausage, grilled tomato,  
flat cap mushroom, black pudding,  
baked beans, hen's eggs cooked to your liking

G, E, D, L, MU

#### EGGS ROYALE

Smoked salmon, scrambled hen's eggs,  
toasted bagel E, F, G, L, S

#### EGGS BENEDICT

Smoked bacon, poached hen's eggs, hollandaise,  
toasted English muffin E, SD, G, L

#### MUSHROOM & SUNBLUSHED TOMATO BAGEL

Fried hen's eggs E, G, L, D

#### SCOTTISH SMOKED HADDOCK

Poached hen's eggs F, E, SD

**ALLERGIES AND INTOLERANCES:** If you or any member of your party are affected by any food allergies or intolerances, please advise a member of our team. We cannot guarantee that any items are completely allergen free due to them being produced in a kitchen that contains ingredients with allergens. All allergens correct at time of printing.

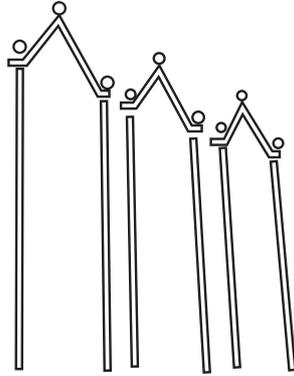
**C:** Crustaceans / **CE:** Celery / **D:** Dairy / **E:** Eggs / **F:** Fish / **P:** Peanuts / **G:** Gluten / **L:** Lupin  
**N:** Nuts / **MO:** Molluscs / **MU:** Mustard / **S:** Soya / **SD:** Sulphur dioxide / **SE:** Sesame seeds

AA



### CHEF'S MESSAGE

Zak and his team love what they do and our food is cooked fresh so let us know if you are in a hurry. We take great pride in sourcing close to home but venturing further afield across the country to utilise produce which is season's best. Some of our dishes can be made gluten free, please ask a member of our team who will be able to advise you.



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