

THE  
**MERIDIAN**  
BIER ♦ CAFÉ

THE  
**GLYNSHIRE**  
**ALLOWAY**  
HOTEL

# BREAKFAST



## THE MERIDIAN FULL SCOTTISH £11.95

Sausage, Bacon, Black Pudding, Tomato, Haggis, Mushrooms, Baked Beans, Potato Scone, Hash Brown with choice of toast and Egg.

## THE MERIDIAN LIGHT SCOTTISH £8.95

Sausage, Bacon, Potato Scone, Tomato, with choice of toast and Egg.

## THE MERIDIAN VEGETARIAN £8.95

Tomato, Mushrooms, Baked Beans, Potato Scone, Hash Brown with choice of toast and Egg.

## THE MERIDIAN VEGAN £8.95

Spicy tofu scrambled, tomato, roast mushrooms, hash brown, potato scones & spinach.

## BREAKFAST EGGS ON TOAST £6.95

Your choice of white or brown bloomer bread toasted with either Poached, Fried or Scrambled Egg.

Add any of the following : Avocado £1.50, Bacon £2.50, Smoked Salmon £2.95

## SMASHED AVOCADO & POACHED EGGS ON TOAST £7.95

With white or brown bloomer bread. Add Bacon £2.50 or Smoked Salmon for £2.95

## FRENCH TOAST £7.95

3 Slices of French Toast and with a Side of Maple Syrup.

with white or brown bloomer bread. Add Bacon £2.50, Fresh Fruit £2.50

## 3 WHOLE EGGS/EGG WHITES OMELETTES £6.95

Choose from Sourdough or Wholemeal Bread

Add: Broccoli or Spinach or Cheese or Mushroom or Banana or Peppers for £1.25 each | Ham or Bacon £2.50 each | Smoked Salmon £2.95

## MERIDIAN SPICY EGGS £7.95

Potato scone nachos, salsa, spicy eggs, chorizo, mozzarella, coriander and lime.

## KIDS MINI BREAKFAST £6

Mini Portion of Sausage, Bacon, Baked Beans & Choice of Egg & Toast.

## BUTTERMILK PANCAKES & WAFFLES £6.95

Add: Fresh Berries and Vanilla Chantilly Cream

Nutella, Choc Chips and Marshmallows

Banana and Mapled Bacon add £3

Southern Fried Chicken with Tabasco Maple - add £3

## FILLED ROLLS

CHOOSE A FRESH ROLL AND ADD ANY OF THE FOLLOWING:

PORK SLICE SAUSAGE | PORK LINKS | RASHERS OF BACON

POTATO SCONE | BLACK PUDDING

CHOICE OF EGG (Poached, Fried or Scrambled)

1 FILLING £3.50 | 2 FILLINGS £3.95

3 FILLINGS £4.50

## CAKES & BAKES

HOMEMADE SCONES £2.95

fruit, plain and sometimes others. Toasted if you wish. Served with butter, chantilly cream and jam.

TODAY'S CAKE £3.75

(Generally Carrot Cake or Chocolate Cake but varies- ask)

Slice served with Chantilly cream and berries

THEY  
BAKE.

We are privileged to be able to supply you with some fabulous creations from these guys. Heaven, believe us, in the form of a traybake. Sometimes cakes too.

FROM £3.25

(Ask your server what we have today?)

## MORNING OFFERS

AVAILABLE 8-12 MON-SUN

COFFEE £2.95

TEA/COFFEE AND SCONE £3.75

COFFEE AND FILLED ROLL £4.95

(95p ext. Filling)

### ALLERGIES/ COVID-19

Vegetarian, Vegan & Gluten Free. We can tailor most dishes to your requirements. Please ask your server for details. They may take a little longer but we'll do our best. Consuming raw meats, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Customer Satisfaction is very important to us, if you would like information regarding potential allergens within our dishes please ask staff for information. Please social distance and wash your hands regularly, you may choose to wear a facemask, if unsure please ask your server for our policy.

**STAY SAFE - WASH HANDS**  
**2M DISTANCE - WEAR A MASK**

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## TEAS

### BLACK TEA £3.25

#### SCOTTISH BREAKFAST TEA

You wouldn't expect anything else other than a full bodied, full flavoured malty Scottish Breakfast tea.

#### EARL GREY TEA

We have combined high grown Ceylon tea and a smooth top grade Keemun along with top quality natural bergamot oil, some blue cornflowers for decoration to produce a high quality classic that quite simply delivers an amazing 'Earl Grey' experience.

### WHITE & OOLONG TEA £3.95

#### GIN & TONIC

An amazing blend of green tea, herbs and botanicals combine to create a tea full of a Gin & Tonic flavour with not one drop of alcohol in sight

#### BODY BOOST

A superb blend of Oolong, White Tea, Yerba Mate and Lemon pieces provide a cup of tea with some oomph! Both teas and the Yerba Mate are associated with a healthy lifestyle, improving the metabolism and overall feel good factors.

### FRUIT & HERBAL INFUSIONS £3.95

#### PEPPERMINT HERBAL TEA

Peppermint tea is a really refreshing drink, totally caffeine free that tastes just as good hot or cold, especially after meals.

#### DELICIOUS BERRY FRUIT TEA

Wow! This incredible fruit and herb tea tastes fantastic and is so refreshing.

#### EGYPTIAN CAMOMILE FLOWERS

From the perfect growing conditions of sandy loam and nutrients of the Nile we bring you the highest quality Egyptian Camomile Flowers.

### GREEN TEA £3.75

#### GUNPOWDER MINT GREEN TEA

In using a Pekoe Gunpowder from the Uva district of Sri Lanka this tea has a lovely smokey taste that infuses so well with the intense flavour of mint.

#### KAIKA CHERRY SENCHA GREEN TEA

Made only from Sencha harvested during the early spring when the quality of leaf is at its best, our Kaika Cherry Sencha is a delightful combination of high quality Sencha green tea, rose petals and natural cherry flavour.

## COFFEES

**BLACK COFFEE £2.90** A classic long black coffee made with real espresso

**ESPRESSO £2.70** A small but intense coffee served black in a demitasse cup

**CORTADO £2.70** Short & sharp, double espresso topped with steamed milk

**AMERICANO £2.95** Espresso with added hot water

**FLAT WHITE £3.25** Espresso combined with hot milk

#### CAPPUCCINO £3.40

A classic combination of espresso smoothed out with equal quantities of steamed milk and foamed milk topped with chocolate.

**LIQUOR COFFEE £5.95** with your choice of liquor

#### LATTE £3.40

A long refreshing coffee made with espresso and steamed milk served in a tall glass and served with a small amount of foamed milk to seal in the warmth  
Add flavour for an extra 50p: Caramel, Hazelnut, Vanilla or Cinnamon.

#### MATCHA LATTE £3.50

Organic Matcha is made from specially grown and processed green tea, and has a fresh, grassy flavour. High in fibre and protein, it is also 100% organic.

#### VANILLA CHAI £3.50

Vanilla Chai takes inspiration from the chai of India. It's a mild blend of black tea extract, ginger and cinnamon — with a hint of vanilla. You can enjoy it as a vegan friendly chai latte with steamed non-dairy milk and a dusting of cinnamon.

### YOUR CHOICE OF MILK

You can now choose from, full fat, semi skimmed or Oat Mylk which is dairy free and suitable for vegans and vegetarians with no added sugar, no stabilisers or preservatives.