

### FULL BREAKFASTS £8.5

**Surf's up** – Dorset pork sausage, Denhay smoked back bacon, two Flambard's poached eggs, New Forest mushroom, grilled tomato, baked beans, hash brown bits & toast (choose from white or granary) (D,E,G,Su) (GO)

**Vegan up** – Vegan sausage, grilled tomato, New Forest mushroom, wilted spinach, smashed avocado, baked beans, hash brown bits & toasted sourdough (G) (PP)

**Veggie up** – Veggie sausage, two Flambard's poached eggs, New Forest mushroom, grilled tomato, baked beans, hash brown bits, wilted spinach & toast (choose from white or granary) (D,E,G,Su) (GO)

### MUFFINS £8

**Benedict** – Dorset ham, poached Flambard's eggs, hollandaise (D,E,G,Su) (GO)

**Florentine** – Wilted spinach, poached Flambard's eggs, hollandaise (D,E,G,Su) (GO)

**Royal** – Oak smoked salmon, poached Flambard's eggs, hollandaise (D,E,G,F,Su) (GO)

### PLATES £8.5

**Smashed avocado** with coriander, lime & chilli, and two poached Flambard's eggs on toasted sourdough (G,E, Su) (GO)

**Smoked salmon** & poached Flambard's eggs, wilted spinach & cherry tomatoes on toasted sourdough (G,E,D,F,Su) (GO)

**Homemade granola** topped with Greek yoghurt, Sustainable maple syrup and berry compote (G,D)

### PANCAKES £7.50

**American style pancakes with either:**

Sustainable maple syrup with berry compote (G,E)

Banana & caramel (G,E)

Sustainable maple syrup & Denhay smoked back bacon (G,E)

**If you have any allergen queries then just ask, and we will gladly advise**

Below you can find a handy key you can use to see which allergens are in each dish (next to the actual dish)

Cr - Crustacean, Ce - Celery, D - Dairy, E - Eggs, F - Fish, G - Gluten, L - Lupins, Mu - Mustard,

Mo - Molluscs, N - Nuts, P - Peanuts, Se - Sesame, So - Soy, Su - Sulphites

## urban reef

### BREAKFAST MENU

### HOT DRINKS

Coffee courtesy of  
**Bad Hand Coffee** and  
teas from **Dorset Tea**

### JUICES £3.5

Freshly squeezed OJ  
or  
Hill Farm apple juice

### COCKTAILS £9

#### Dorset Bloody Mary (Ce)

Conker Dorset Wasabi  
Vodka, Turner Hardy  
'Feisty' Tomato Juice

#### Red Snapper (Ce)

Conker Dry Dorset Gin  
Turner Hardy 'Feisty'  
Tomato Juice

#### Breakfast Martini

Tanqueray, Cointreau  
Tiptree Marmalade,

#### Bellini

Prosecco & Peach Puree

#### Bucks Fizz (£6)

Prosecco & Orange Juice