

# BREAKFAST AT THE BEAR & RAGGED STAFF

SERVED DAILY 8AM - 11AM

*The old proverb demands that we should eat breakfast like Kings (and Queens).  
We serve up the favourites and always prioritise quality produce – our eggs and bacon are free-range  
and our sausages are from Jimmy Butler's farm. Starting the day has never tasted so good.*

## BREAKFAST

American Pancakes, Mango, Pineapple & Coconut Cream or Maple Syrup, Butter & Smoked Bacon 7.00

Shakshuka – Baked Free-range Eggs, Spicy Tomato, Garlic & Peppers 7.75

Eggs Benedict - English Muffin, Roast Ham, Free-range Poached Eggs & Hollandaise 8.50

Chilli Fried Egg & Halloumi Brioche Roll, Baby Spinach & Bloody Mary Ketchup 5.95 ▼

Jimmy Butler's Back Bacon Bloomer 5.95

Jimmy Butler's Blythburgh Sausage Bloomer 5.95

Vegetarian Full English - Veggie Haggis, Spinach, Mushrooms & Tomatoes,

Baked Beans, Free-range Poached Eggs & Toast 10.95 ▼

Full English Breakfast - Jimmy Butler's Sausage & Bacon, Mushroom,  
Black Pudding, Baked Beans, Tomatoes, Free-range Poached Eggs & Toast 11.95

Hot Buttered English Muffin, Tiptree Jam or Marmalade 3.00 ▼

Smashed Avocado, Free-range Poached Eggs, Spring Onion & Chilli on Toasted Sourdough 8.00 ▼

Grilled Cheese on Sourdough, Marmite Onions 7.75 ▼

*If you prefer gluten-free or dairy-free alternatives to our toast and butter, please ask.*

## SOFTS

Fresh Orange Juice 2.70

Cracker Apple or Cranberry Juice 2.60

Cawston Press - Sparkling drinks made with fresh juice –  
Cloudy Apple or Rhubarb 3.20

Frobishers - Natural fruit juice with nothing artificial -  
Apple & Mango or Orange & Passionfruit 3.20

JARR Ginger Kombucha - Fiery and rich in beneficial  
probiotics with organic ginger root 4.00

## HOT DRINKS

Our speciality coffee is Union Hand-roasted's Compañero blend of beans from small-scale  
co-operatives in Peru and Honduras. Served with semi-skimmed milk.

Swap dairy milk, for soya or oat, for 30p. Decaf tea and coffee also available.

Single Origin Rwandan Filter Coffee 2.50

Double Espresso, Macchiato 2.60

Americano 2.85

Cappuccino, Flat White, Latte 3.00

Hot Chocolate 3.10

Luxury Hot Chocolate 3.30

A Pot of Proper Yorkshire Tea 2.60

A Pot of Twinings Tea 2.75

*Earl Grey, Green Tea, Peppermint, Lemon & Ginger, Camomile & Honey, Spicy Chai*

Fresh Mint Tea 2.75

▼ Vegetarian dishes

🍴 Vegan dishes

*Children are heartily welcome and we're happy to make simplified versions of dishes, or half portions at half price.*

*An optional 10% service is added to parties of six or more, all tips go to the team. Allergens: before ordering, please speak to our team,  
dishes are prepared in busy kitchens, containing all ingredients, we cannot guarantee any dish to be totally free-from allergens.*





THE BEAR &  
RAGGED STAFF  
BREAKFAST

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MAKING LIFE PEACHY

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We're proud members  
of The Sustainable  
Restaurant Association,  
aimed at accelerating  
environmental change  
within hospitality.