



THE  
**SHIP INN**

breakfast served  
08.00-11.30

*Herm Island*  
*Life from a fresh perspective*

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# breakfast

<b>Nut butter, banana and chia seed toast</b>	<b>£5.95</b>
<b>Berry and yoghurt smoothie</b>	<b>£3.95</b>
<b>Baked egg and savoury oatmeal</b>	<b>£5.95</b>
<b>Quinoa fruit salad</b>	<b>£6.95</b>
<b>Tomato toast</b> with macadamia ricotta	<b>£6.95</b>
<b>Avocado and poached egg</b>	<b>£7.95</b>
<b>Open-face breakfast sandwich</b> bacon, sausage, fried egg, tomato and mushroom  or vegetarian sausage, fried egg, tomato and mushroom (V)	<b>£6.95</b>
<b>Full English</b> bacon, sausage, fried eggs, hash brown, tomato, mushrooms	<b>£8.95</b>
<b>Vegetarian breakfast</b> Vegetarian sausages, fried eggs, hash brown, tomato, mushrooms, baked beans (V)	<b>£7.95</b>
<b>Smoked haddock</b> with poached egg	<b>£8.95</b>
<b>Smoked salmon scramble egg</b>	<b>£8.95</b>
<b>3 eggs omelette</b> with variety of fillings (tomato, ham, cheese, mushrooms)	<b>£7.95</b>
<b>Crab cake</b> with poached egg and Hollandaise sauce	<b>£9.95</b>