

# BREAKFAST MENU

**ORDER  
ON THE APP**



**THE FULL BREAKFAST**



**BREAKFAST TACOS WITH SMOKED STREAKY BACON PIECES**



**BREAKFAST BBQ TATER TOTS WITH FREE RANGE FRIED EGG**

Served until  
**12 NOON**

# BREAKFAST



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ON THE APP



## THE FULL BREAKFAST

2 rashers of bacon, a pork sausage, hash brown bites, a free range fried egg, grilled tomato, mushrooms and baked beans (741 kcal)

**ADD TOAST & BUTTER** (403 kcal) **79p**

## THE XL FULL BREAKFAST

3 rashers of bacon, 2 pork sausages, hash brown bites, 2 free range fried eggs, grilled tomato, mushrooms, baked beans and toast with butter (1337 kcal)

## THE VEGETARIAN

3 Quorn™ sausages, hash brown bites, a free range fried egg, grilled tomato, mushrooms and baked beans (740 kcal)

**ADD TOAST & BUTTER ** (403 kcal) **79p**

**5.69**

## THE KIDS' BREAKFAST

Bacon, a pork sausage, hash brown bites, a free range fried egg and baked beans (614 kcal/6.5g sugar/3.10g salt)

## THE KIDS' VEGETARIAN BREAKFAST

Quorn™ sausage, hash brown bites, a free range fried egg, mushrooms and baked beans (511 kcal/6.1g sugar/2.32g salt)

## BREAKFAST TACOS

Tortilla wraps filled with guacamole, cheese, hash brown bites and free range scrambled eggs (720 kcal)

**ADD SMOKED STREAKY BACON PIECES** (123 kcal) **79p**

**3.49**

## 8OZ\* RUMP STEAK

Flame-grilled how you like it, served with chips and 2 free range fried eggs (1031 kcal)

## BREAKFAST BBQ TATER TOTS

Hash brown bites loaded with baked beans in BBQ sauce and topped with red onion (702 kcal)

## Choose your topping

**FREE RANGE FRIED EGG ** (128 kcal)

**4.69**

**BEEF BURNT ENDS** (177 kcal)

**6.29**

**3.49**

**5.29**

**8.69**

## BREAKFAST BUTTIES

### BACON SANDWICH

Your choice of white (826 kcal) or brown (770 kcal) bread with butter

**4.29**

### PORK SAUSAGE SANDWICH

Your choice of white (713 kcal) or brown (657 kcal) bread with butter

**4.29**

### QUORN™ SAUSAGE SANDWICH


Your choice of white (713 kcal) or brown (658 kcal) bread with butter

**4.29**

**Vegan option available ** (484 - 539 kcal)

## TOPPED TOAST

### BEANS ON TOAST

Baked beans (393 kcal) on your choice of white (316 kcal) or brown (261 kcal) toast with butter  
**Vegan option available ** (454 - 510 kcal)

**4.99**

### SCRAMBLED EGGS ON TOAST

Free range scrambled eggs (521 kcal) on your choice of white (316 kcal) or brown (261 kcal) toast with butter

**4.99**

### TOAST & PRESERVES

Your choice of white (403 kcal) or brown (348 kcal) toast with butter and either strawberry jam (74 kcal), marmalade (75 kcal) or honey (71 kcal)

**1.49**

**ADD A LITTLE EXTRA**



**FREE RANGE FRIED EGG ** (128 kcal) **49p**

**HASH BROWN BITES ** (190 kcal) **1.50**

Adults need around 2000 kcal a day

You can view our allergen information if you download our app, or visit our website at [greeneking-pubs.co.uk/flaming-grill/allergens](http://greeneking-pubs.co.uk/flaming-grill/allergens)

All tips are paid in full to our team members

**Terms & Conditions:** Please advise the team of any dietary requirements before ordering. Our dishes are prepared in kitchens where nuts and gluten are present as well as other allergens; we cannot guarantee that any food item is completely free from traces of allergens, due to the risk of unexpected cross contamination. We do not include 'may contain' information.  Suitable for vegetarians.  Suitable for vegans. Please note that we do not operate a dedicated vegetarian/vegan kitchen area. Our menu descriptors do not include all ingredients. Some dishes may contain alcohol which is not listed on the menu. \*All weights are approximate prior to cooking. Metric equivalent 16oz = 1lb = 454g. Full nutrition information is available on our website. Calorie, salt and sugar figures are correct at time of print. Children between 5-10 years old need around 1800 calories a day, this will vary by age and level of activity, some children will need less, and some will need more. This information has been provided to allow you to make an informed choice when dining with us. Kids' breakfast is available to children aged 12 or under. Products are subject to availability at the price point advertised. All prices are in GBP and are inclusive of VAT. Should the VAT rate change, menu pricing will be adjusted accordingly. Photography is for guidance only. Manager's decision is final. Promoter: Greene King Brewing and Retailing, Sunrise House, Ninth Avenue, Burton upon Trent, Staffordshire, DE14 3JZ.