

# Breakfast

**BENUGO**  
BAR & KITCHEN

## From the kitchen

Served 9am-11:30am

**Toasted banana bread**, honey, butter 310 kcal (v) | 5

**Baked Urfa eggs**, braised beef, aubergine & chilli hash 233 kcal | 8

**Smashed avocado on toasted corn bread**, chipotle butter 172 kcal (v) | 7

**Overnight oats**, chia seeds, coconut & dark chocolate chips 497 kcal (vg) | 5

**French toast**, blueberry, raspberry, maple syrup 248 kcal (v) | 8  
Add bacon | 1

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## Pastries

**Croissant** 188 kcal (v) | 2.5

**Almond croissant** 360 kcal (v) | 2.75

**Pain au chocolat** 290 kcal (v) | 2.75

**Pain aux raisins** 390 kcal (v) | 2.75

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## Hot drinks

EVERY BENUGO COFFEE IS CARBON NEUTRAL AND RAINFOREST ALLIANCE CERTIFIED

**Espresso** single / double 0 / 0 kcal | 1.9 / 2.15

**Macchiato** single / double 6 / 6 kcal | 2.1 / 2.35

**Americano** 0 kcal | 2.8

**Latte** 202 kcal | 2.9

**Cappuccino** 135 kcal | 2.9

**Flat white** 117 kcal | 3

**Hot chocolate** 310 kcal | 3.1

**Mocha** 282 kcal | 3.1

**Tea**, ask us for available flavours | 2.9

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## Juices

**Juices**, apple / orange / cranberry / pomegranate / tomato / grapefruit | 3

**Freshly pressed juices**, today's specials | 4

**Ginger shot** | 2

Ask your server for details of today's specials

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## PLEASE ASK US ABOUT THE ALLERGENS IN OUR FOOD

(v) vegetarian | (vg) vegan

We use a wide range of ingredients in our kitchen, some of which may contain allergens. Please let us know if you have a specific allergy or dietary requirement so we can let you know of the most appropriate food choice.

Adults need around 2000 kcal a day.

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## HOW DID WE DO TODAY?

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