
JUICES

Valencia Orange	£10
Gala Apple	£10
Pink Grapefruit	£10
Rise & Shine	£14
Forest Berries	£14
Green Detox	£14

SHOTS, SHAKES, SMOOTHIES

Cold-Pressed Ginger Shot	£6
Organic Cocoa protein shake	£14
Madagascar Vanilla protein shake	£14
Mixed berries smoothie	£15

BAKERY

Choice of toasted breads, White, Brown, Sourdough, Seeded gluten-free	£6
The 45 Bakery Basket	£18
A selection of artisanal pastries, muffins, warm mini baguette, cultured butter, seasonal preserves	

SIGNATURES

45 FULL ENGLISH	£45
Free-range eggs, heritage sausage, back & streaky bacon, confit vine tomatoes, portobello mushroom, black pudding, house-made hash browns, baked beans	

CONTINENTAL	£38
Viennoiserie selection, seasonal preserves, cultured butter, Greek yoghurt or Honey yoghurt	

MEDITERRANEAN	£45
Free-range eggs, crushed avocado, sautéed baby spinach, grilled halloumi, confit vine tomatoes, portobello mushroom, house-made hash browns, baked beans	

EGGS, EGGS, EGGS

Çilbir, poached free-range eggs, creamy Greek yoghurt, smoked paprika butter, toasted sourdough	£24
Free-range spicy scrambled eggs, jalapeño, avocado, baby spinach, confit tomato, feta, toasted Sourdough	£26
Avocado on toast, crushed Hass avocado, poached free-range eggs, chilli flakes, lemon, toasted heritage sourdough	£26
Soft scrambled eggs, Severn & Wye smoked salmon	£28
UK-aged ribeye Steak, fried hen's egg, crispy chilli oil, house-made hash browns	£48

THE BENEDICT COLLECTION

Poached free-range eggs, toasted English muffin, hollandaise sauce	£24
CLASSIC	
Kassler ham	
FLORENTINE	
Wilted baby spinach	
ROYALE	
Hand-carved Severn & Wye smoked salmon	

LIGHT & NOURISHING

Porridge, Scottish oats, seasonal berries and banana, Canadian maple syrup	£16
House-made granola, dried fruits & nuts, Greek yoghurt with golden honey, banana	£18
Coconut chia pudding, fresh strawberry and mango, house-made granola, roasted nuts	£18
Organic açai bowl, seasonal berries, toasted coconut, and mixed seeds	£18
Tropical smoothie bowl, diced pineapple, mango and cantaloupe melon, toasted coconut and mixed seeds	£18
Seasonal fruit platter with berries	£20

SWEETS

Stacked buttermilk blueberry pancakes, lightly whipped double cream, Canadian maple syrup	£20
Buttermilk waffle, house-made maple butter	£20
Vanilla brioche French toast, thick cut brioche, vanilla whipped cream, seasonal compote	£20

SIDES

Confit vine tomatoes	£10
Hand-carved Severn & Wye smoked salmon	£12
Roasted portobello mushrooms with thyme	£10
House made hash browns, Old-Bay dipping sauce	£10

Executive Chef, Elliott Grover | Head Chef, Ibrahim Arif

Our menu contains allergens. If you have any food intolerances or allergies, please let a member of the restaurant team know on placing your order. Prices include VAT and exclude 15% service charge.