



Morning Menu

Wednesday to Sunday
10 am to 11.30 am
(last orders)



Breakfast

GF = Gluten free
QFOA = option available

Jus d'orange or jus de pomme

Pure orange or pure
apple juice 2.50

Bucks Fizz

Pure orange juice
with Prosecco to
share. 10.00 for 2.

French toast croissant

dipped in whipped frothy egg, lightly
fried in butter and filled with:

- Melted Gruyère cheese** 4.35
- Crispy bacon & melted Gruyère** 5.35
- Crispy bacon and honey** 5.15
- Crispy bacon & fried egg** 5.45
- Crispy bacon, honey & fried egg** 5.85

with **GF** Goodness Grains Croissant (1.00 supplement)



Goodness grains granola **GF**

with a Glenilen Farm fruit & natural live yoghurt pot and honey. 5.85

Fruit & nut granola

with a Glenilen Farm fruit & natural
live yoghurt pot and honey. 5.25

"Super" porridge

Slow release energy boosting bowl
of delicious spiced porridge with
added chai seeds, goji berries
and cranberries, drizzled with low
fat Greek yoghurt, sprinkled with
toasted oats & almonds. 6.25

Croque menu

The traditional French cafe
toasted sandwich topped with
a creamy cheese sauce.

Croque Monsieur 6.95
with slow cooked ham hock &
Gruyère cheese.

Croque Madame 7.35
The gender change is complete
by adding a lightly fried egg.

Petit déjeuner

Streaky bacon, sliced French
pork sausage, fried egg, grilled
cherry tomato and crispy
sourdough baguette. 9.00

Brioche bacon butty

Streaky bacon, in a soft brioche
bap served with a tomato and
onion chutney. 5.00 **QFOA**

Eggs Benedict

Slow cooked ham hock on rustic
bread with poached eggs topped
with Hollandaise sauce. 6.45 **QFOA**

Eggs Royale

Smoked salmon on toasted wheaten
bread with poached eggs topped
with Hollandaise sauce. 7.55 **QFOA**

Eggs forestière

Sauteed mushrooms on rustic bread
with poached eggs topped with
Hollandaise sauce. 6.55 **QFOA**

Crepes

Wafer thin French pancakes.

Citron

with fresh lemon juice and
caster sugar. 4.20

Cinamon & honey

with Greek yogurt. 4.85

Chocolat

with warm Nutella chocolate sauce
and served with ice cream. 4.85

Banane

with banana, toffee sauce &
ice cream. 4.85

Continental platters

No.1

Cured meats with cocktail
onions & gherkins, Camembert
de Normandie, Donegal smoked
salmon with caper berries, Love
Olive exotix mix and rustic
bread. 10.85 **QFOA**

No.2

Love Olive chilli hummus,
teardrop peppers with goats
cheese, balsamic cipolle onions,
Kookycook pesto, olives and
rustic bread 10.85 **QFOA**



Pâtisserie

GF = Gluten free

Scones

with butter, soft set raspberry jam and cream.

A changing variety freshly baked every morning. 2.65

Gluten free award winning scones from 'Goodness grains.' **GF** 2.95
(Allow 10-15 minutes)

Croissants with:

Butter & orange marmalade 2.75

Nutella chocolate sauce 3.00

GF Croissant (1.00 supplement, allow 10-15 minutes)

Toasted breads 2.65

Country loaf and wheaten, toasted and served with butter & orange marmalade.

House baked cakes

Individual, served with fresh cream and regularly includes:

Lemon drizzle 3.00

Clementine & almond **GF** 3.00

Muffins

Lemon & white chocolate 2.65

Triple chocolate 2.65

Blueberry **GF** 2.90

Chocolate **GF** 2.90

Doughnut duo

Two salted caramel mini doughnuts 3.00

The barista counter

Coffee

French press coffee

2.80 per person

A fantastic blend of flavours from Ethiopia & El Salvador

Espresso 2.25 Double 2.65
Northern Italian style.

Americano 2.55
Espresso and water.

Macchiato 2.65
Small and marked texture.

Con Panna 2.80
Espresso with cream.

Cappuccino 2.90
Strong & perfectly textured.

Café Latte 2.90
Smooth & silky.

Flat White 2.70
Small, full bodied & delicious.

Café au Lait 2.70
served with hot milk.

Café Mocha 3.25
laced with chocolate - indulgent

Hot chocolate
dark, rich & smooth
- to die for! 3.35



With every cup of tea or coffee you enjoy at the French Rooms you are helping vulnerable children in South Africa - see back page.

Pot of tea

2.75 per person

From Solaris Botanicals, award winning organic speciality teas.

House blend

Asaam

Rich, malty & creamy from North India.

Darjeeling

Delicate first flush flavour.

Chinese

Green Jasmine.

Herbal

Peppermint, Camomile or mixed berry.

Earl Grey

Distinctive citrus flavour.





STREETSMART
SOUTH AFRICA
HELPING STREET CHILDREN



With every cup of tea or coffee you enjoy at the French Rooms you are helping vulnerable children in South Africa through StreetsmartSA, an organisation under the founding patronage of Archbishop Desmond Tutu.

We are one of only two participating restaurants outside South Africa to get involved with this brilliant charity.

We are also helping StreetmartSA by donating £1.00 for every bottle of South African wine sold and our staff contribute directly with their own 'biggest loser' dieting competition. There are fines every week if they put on weight but with three of our more athletic staff doing wait training at the gym it's the reverse - they are fined if they loose weight! Our full year target is £2,000.00 and all funds are allocated for the Kusasa School project in the Franschhoek valley, Western Cape, South Africa. You can choose not to make a donation should you wish.

We also support our local kids introducing them to hospitality and cookery. Many are hugely talented and you can see examples of their artwork at the BT building by the Car Park, the Park & Ride buses to the Giant's Causeway and with some of the illustrated panels in the windows of vacant buildings.



Franschhoek valley, Western Cape, South Africa

Pictures clockwise from bottom left:

3 kids at Kusasa school.

Official housing.

A shanty town 'detached' house

Stella Bolton of the French Rooms with happy kids.

Not so happy kids waiting to be escorted home.

Well equiped computer room with shatter proof lap tops.