

Nutrition Information Brab Menu 2025

Dish	Total Cal	Cal per100g
BRABAZON BREAKFAST		
Freshly Baked Pastries (v) Mini buttered croissants & pain au chocolat	332	259
Breakfast Roll-Sausage	874	321
Breakfast Roll -Bacon	568	227
Breakfast Roll-Egg	370	185
Selection of Toast (v) Salted butter & fruit preserves	298	389
Greek Style Yoghurt, Granola Bowl (v) Mixed berries & granola	322	90
Warm Buttermilk Pancakes (v) Pear, maple & pecan	492	183
Eggs Benedict Two poached egg, roast ham, hollandaise sauce on toasted English muffin	456	210
Eggs Royale Two poached eggs, smoked salmon, hollandaise sauce on toasted English muffin	424	187
Breakfast Super Shake (v) Yogurt, banana, mixed berries & honey	499	99
Acai Smoothie (v) Banana & coconut crumb	351	171
Crushed Avocado, Poached Eggs (v) Chilli & pomegranate	445	143
Scrambled Green Eggs (v) Sriracha, cottage cream, sourdough		
Marinated Olives	147	184
Salted Pretzels(v)	513	380
Vegetable Crisps (v)	206	514
Soup of the Day (v)Crusty bread	N/A	N/A
Cake of the Day (v) Served on the ba	N/A	N/A
Classic Caesar Salad Soft boiled egg, bacon, shaved parmesan & fresh anchovies	1052	390
Leafy Greek Salad (v) Green pepper, olive, tomato, red onion & oregano	807	91
Charred Broccoli, Cracked Wheat Salad (v) Egg, avocado & lime miso dressing	637	179
Add salmon £6.5	209	139
Add grilled chicken £6	165	110
Add halloumi (v) £5	406	325

Nutrition Information Brab Menu 2025

English Cheddar Cheese, Red Onion Marmalade, Romaine lettuce, white bloomer (v)	743	220
Warm Goats Cheese Panzanella salad	681	213
Tuna Mayonnaise, Cucumber, Brown malted bloomer	401	169
Roasted Ham, Dill Pickled Cucumber, Coleslaw, White bloomer	685	196
Beetroot Hummus, Grilled Courgette, Red Pepper, Feta, Tortilla wrap (v)	753	200
Tuscan Grilled Chicken Wrap Cucumber, parmesan, rocket & sun blushed tomatoes	833	156
Ploughman's Baguette (v)	1184	223
Mozzarella, Parma Ham, Basil Pesto, Olive oil pinsa bread	844	224
Smoked Salmon, Cream Cheese, Baby Capers, In focaccia	814	196
Brabazon Bar Classic Club Sandwich, Sandwich chicken, bacon, tomato, egg, lettuce & mayonnaise	1075	140
Croque Monsieur	1098	175
Falafel, Roasted Pepper, Rocket, Tahini Panini (v)	1007	185
Blackened Cajun Chicken Panini, Mayonnaise, & baby gem	1008	156
Grilled Bavette Steak Sandwich, Sauteed onions, dijon mustard & pickles	945	169
Charcuterie Meat Platter £35 Selection of terrines, iberico sliced meats, assorted pickles, rocket salad, artisan breads	1315	253
Ploughman's 3 cheeses, pork pie, terrines, pickles & grapes, balsamic onions & house chutney, toasted sourdough bread	1741	266
Margherita (v)		633
Pepperoni American Hot		617
Sticky BBQ Beef Brisket Sliders	720	211
Popcorn Salmon Bites	253	151
Avocado Hummus (v) £8	548	254
Mini Chorizos £8.5	575	301
Peri Peri Shredded Chicken £9	811	314
Spicy Chicken Fajitas £19 Peppers & red onion, grated cheddar, guacamole, salsa, sour cream & floured tortilla	816	152
Belfry Cheeseburger £20 On brioche bun, cheddar cheese, gem lettuce & tomato, burger relish & french fries	1229	191

Nutrition Information Brab Menu 2025

Burrata, Spinach, Basil Ravioli (v) £18 Wilted baby spinach, pesto & confit cherry tomatoes, extra virgin olive oil, toasted pine nuts	491	189