

HOT DRINKS

FILTER COFFEE OR WEST COUNTRY TEA

Decaf coffee, oat and soya milk available

BARISTA COFFEE (£1 Supplement)

Cappuccino	Latte
Flat White	Americano
Single Espresso	Double Espresso

SPECIALITY TEA (50p Supplement)

Peppermint	Earl Grey
Chamomile	Berry

COLD DRINKS

ORANGE	APPLE	WATER
CRANBERRY	MILK	

TOAST

WHITE (V) 150 Kcal G, SO	GLUTEN FREE (GF) (V) 182 Kcal E
MALTED (V) 150 Kcal G, SO	

COLD BUFFET

CEREALS

Alpen (V) 168 Kcal G, D, N	Cornflakes (V) 113 Kcal G
Crunchy Nut (V) 119 Kcal G, P	Gluten Free Cereal (GF) 93 Kcal
Special K (V) 118 Kcal G	Raisin Oat Granola (V) 188 Kcal G
Bran Flakes (V) 107 Kcal G	

FRUITS

Grapefruit (V) (GF) (VE) 65 Kcal	Prunes (V) (GF) (VE) 93 Kcal
Fresh Fruit Salad (V) (GF) (VE) 140 Kcal	

BERRY & GRANOLA YOGURT POTS 232 Kcal G, D, N

FLAVOURED & NATURAL YOGHURT (V) 88 Kcal D

MINI DANISH PASTRIES 185 Kcal G, D, E, N

Pecan Plait | Vanilla Crown | Cinnamon Swirl
Raspberry Crown | Apple Coronet

MAINS

WEST COUNTRY BREAKFAST (GF) 778 Kcal E, SU

Two rashers of bacon, one sausage, a roasted tomato, sautéed mushrooms, mini hash browns, baked beans & egg
(Please choose if you would like your egg poached, scrambled or fried)

VEGAN BREAKFAST (V) (GF) (VE) 708 Kcal SO

Two vegan sausages, sautéed mushrooms, mini hash browns, baked beans, a roasted tomato and fried tofu

JUMBO OAT PORRIDGE (V) 179 Kcal G, D, N

With toasted almonds & honey

POACHED SMOKED HADDOCK (£3 Supplement) 351 Kcal G, D, E, F, M

With spinach, poached egg & mustard cream

THREE EGG OMELETTE (V) (GF) 320 Kcal D, E

With cheddar cheese

POACHED EGGS ON TOAST (V) (GF?) 284 Kcal G, E

TOFU & AVOCADO ON TOAST (V) (GF?) (VE) 500 Kcal G, SO

Crispy fried silken tofu, smashed avocado and mint on toasted sourdough served with chimichurri

FRESHLY BAKED CROISSANT

Plain (V) 207 Kcal G, D, E

Cheese & Sautéed Mushrooms (V) 340 Kcal G, D, E

Bacon & Cheese 410 Kcal G, D, E



Please inform us if you have a food allergy that we should be aware of. Adults need around 2000 Kcal a day. For allergy & calorie information please scan the QR code.

D - DAIRY G - GLUTEN M - MUSTARD E - EGG - MO - MOLLUSCS CR - CRUSTACEAN, C - CELERY
N - NUTS F - FISH SU - SULPHUR DIOXIDE S - SESAME SO - SOYA, P - PEANUTS L - LUPIN
Although we endeavor to do so, we cannot guarantee that any of our dishes are allergen-free or fulfill dietary requirements due to possible cross-contamination during production

(GF) GLUTEN FREE

(VE) VEGAN

(GF?) CAN BE GLUTEN FREE (please ask)

(VE?) CAN BE VEGAN (please ask)

(V) VEGETARIAN

OPEN 7 DAYS A WEEK

62TheBank 11.30am-2.30pm, 6pm-9.30pm

Bar62 Sun-Thur 5pm-11pm, Fri 5pm-12am, Sat 3pm-12am





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Breakfast
MENU