



BREAKFAST TIMES



Breakfast is on!

Breakfast isn't just any meal; it's the most important part of your daily eating routine. Here's why...

The Recharger: Think of your body like a car. After a long night's rest, your fuel tank (glycogen stores) are running low. Breakfast is like filling up that tank, giving you the energy you need to tackle your day. Whether it's work, school, or conquering that to-do list, a nutritious breakfast provides the power to perform at your best.

Brain Booster: Forget the saying "breakfast of champions." It should be "breakfast of thinkers!" Your brain relies heavily on glucose for fuel, and after a night's sleep, those reserves are depleted. Eating breakfast provides the energy your brain needs to focus, concentrate, and be sharp throughout the morning. This can mean improved memory, better problem-solving skills, and even a boost in creativity.

The Long Game: Breakfast isn't just about immediate benefits. Studies suggest that regularly eating breakfast can contribute to better long-term health. It can help regulate your metabolism, which can help maintain a healthy weight. Additionally, breakfast eaters tend to make healthier food choices throughout the day, reducing the risk of unhealthy snacking and overeating later on.

Setting the Tone: Breakfast sets the stage for your entire day. A nutritious and satisfying breakfast can leave you feeling energised, motivated, and ready to take on whatever challenges come your way. Conversely, skipping breakfast can lead to feelings of sluggishness, irritability, and difficulty concentrating. This can set a negative tone for the rest of your day.

Fuelling Your Body's Systems: Breakfast isn't just about energy. It's also a prime opportunity to fill your body with essential vitamins and minerals. A well-balanced breakfast can provide a good dose of fibre, protein, and essential micro-nutrients that keep your body functioning optimally. These nutrients play a role in everything from your immune system to your heart health.

More Than Just a Meal: Breakfast can be a time for self-care and a chance to set your intentions for the day. Whether you enjoy a quiet moment with a cup of tea and a healthy snack or share a laugh with loved ones over a family meal, breakfast can be a positive and grounding ritual to start your day.

"There is nothing better than a proper breakfast."

Sophie Dahl

Breakfast is a meal that should be taken seriously and that's exactly what we do at The Fox and Willow.

We serve delicious dishes that will power you through the day, all made from the very best local ingredients.

Start the day right. Start the day at The Fox!

**PLEASE FEEL
FREE TO TAKE
THIS MENU AWAY
WITH YOU!**

Whilst You Wake

Pain Au Chocolate
£5.50

Blueberry Muffin
with Cheesecake Filling
£4.95

Cinnamon Porridge Oats
Topped With Local Honey, Apple
Compote, Toasted Granola
£7.00

Warm Croissant
with Apricot Jam
£4.95

Vanilla Custard
Danish Crown
£5.50

The Fox Grills

The Wee Grill

Cumberland Pork Links, Ramsays Back
Bacon, Tattie Scone, Roasted Tomato, Grilled
Mushrooms, Toast & Eggs Your Way
£9.00

The Big Grill

Cumberland Pork Links, Square Slice, Stornoway Haggis & Black Pudding,
Ramsays Streaky Bacon, Hash Browns, Tattie Scone, Roasted Tomato, Grilled
Mushrooms, served with Heinz Baked Beans, Toast & Eggs Your Way
£12.00

The Vegetarian Grill

Tattie Scone, Buttermilk Pancake, Hash
Brown, Grilled Mushrooms, Roasted Tomato,
Heinz Baked Beans, Toast & Eggs Your Way
£10.00

House Classics

Honey Whipped Feta, Smoked
Salmon & Sliced Avocado
On Toasted Sourdough, topped
with Poached Eggs & Herb Dressing
£10.00

Breakfast Stack
Stornoway Black Pudding, Crispy
Ayrshire Bacon, Hash Browns,
Poached Eggs On Toasted Sourdough,
With Creamy Hollandaise
£10.95

Smoked Salmon &
Scrambled Egg
Locally Sourced Smoked Salmon,
With Creamy Scrambled Egg &
Thick Cut Toasted Brown Slice
£12.50

Shakshuka Breakfast Eggs
A Roasted Red Onion, Mixed Pepper,
Garlic, Smoked Paprika & Tomato
Tagine, With Crumbled Feta, Baked
Eggs & Toasted Sourdough
£10.95

Benedicts

The Fox

Toasted English Muffin, Stornoway Black Pudding,
Potato Scone, Crispy Ayrshire Bacon, Poached
Eggs & Light Cheese Cream Chive Sauce
£11.00

Balmoral

Stornoway Haggis, Roasted Red Onion Chutney, Crisp
Ayrshire Bacon, on a Toasted Scottish Muffin, with
Poached Eggs, and a Light Cheese Cream Chive Sauce
£10.00

Veggie Bennie

Sliced Avocado, Hash Brown,
Tomato Salsa, Poached Eggs, topped
with Creamy Hollandaise
£9.00

Omelettes

3 Free Range Fresh Hens Eggs Omelette
with any of the following fillings:

Smoked Salmon, Asparagus, Red
Onion & Crumbled Feta
£13.95

Grilled Chorizo, Homemade Tomato
Salsa, Roasted Red Pepper, Sliced
Avocado & Sriracha Dressing
£10.95

Philly Cheesesteak, Thinly Sliced
Sirloin, with Red Onion, Roasted
Peppers & a Creamy Cheese Sauce
£14.95

Wild Mushroom, Spinach,
Parmesan & Chives
£11.95

French Toast, Pancakes & Homemade Crepes

Choose Between Either 2 Slices of Fried Brioche Eggy Bread, Pancake Stack or Housemade Crepes
with any of the following toppings:

Crisp Ayrshire Bacon,
Fried Egg & Maple Syrup
£9.95

Biscoff, Caramelised Banana
& Toffee Cream
£7.95

Nutella, with Poached Scottish
Strawberries & Chopped Hazelnuts
£8.25

Greek Yoghurt, with Mixed Seasonal
Berries, Granola & Honey
£8.50

Rolls & Royales

Breakfast Rolls

Single
£4.00

Double
£5.50

Triple
£7.00

Choose Your Fillings:-

Fried Egg / Ayrshire Crisp Bacon / Girvan Mains Links / Square Slice /
Stornoway Haggis / Black Pudding / Potato Scone / Hash Browns

The Fox Royales

Royale With Cheese
Toasted English Muffin, with Sausage
Patty, Cheddar Cheese Melt, Fried Egg
& Maple Bacon (ideally paired with
Heinz Tomato Ketchup or HP Sauce)
£10.95

Smoked Salmon Royale
Toasted English Muffin, with Scottish
Smoked Salmon, Honey Whipped
Feta, Fried Egg, Hollandaise
£12.95

Kids Breakfast

Beans on Toast
£4.00

Make Them Cheesy Beans: +£1.00

Kids Mini Grill

Sausage, Bacon, Hash Brown, Beans
£5.50

Pancakes & Syrup
£4.00

Teas & Coffees

All of our Coffee is served with semi skimmed milk, however should you wish
to change to either oat, coconut, soy or almond milk, please ask your server.

Espresso
£3.25

Macchiato
£3.25

Flat White
£3.75

Double Espresso
£3.95

Double Macchiato
£3.95

Hot Chocolate
£3.95

Cappuccino
£3.85

Americano
£3.50

Babycino
£1.95

Café Bon Bon

£4.25

Espresso layered with Condensed Sweetened Milk

Latte
£3.75

Add flavour shot for £0.75 :
Vanilla, Caramel, Hazelnut,
Coconut, Cinnamon

Selection
of Suki Tea
£3.50

Green Sencha, Chamomile, Red Berry,
Apple Loves Mint, Rooibos, Breakfast

Smoothies

Mocha Shakertini
£4.95

Blueberry & Banana
Yoghurt Shake
£4.50

Banana & Passion
Fruit Yoghurt Shake
£4.50

What's on!

Get your diary out and make sure to write in these unmissable dates...

Every Thursday
Burger Club

Showcasing the best in burgers at fantastic prices!
5-9pm.

Every Friday
Thank Fox it's Friday!

Every Friday at the Fox we mark the start of the weekend.
2 Courses & Cocktail Menu £27.95
Live music from 8pm until late
Start your weekend in style!

Every Sunday
Sunday Roast

The best in Sunday Roasts, with Scottish Sirloin of beef, and a guest roast and
vegetarian roast, followed by the best in weekly changing British puddings.
2 Courses from £27.95

Breakfast Specials

Every Day 9-11:45am

Breakfast Roll & Coffee

£4.95



The Fox Grill, Orange Juice & Any Tea / Coffee

£15.00



Private Dining at the Fox & Willow...

The Fox and Willow has three awesome private function areas that offer top drawer private dining for parties of over 15 people.



The Aviary.

The finest private dining that Ayrshire has to offer.

If you are looking for the perfect private venue for your party, family get together, or business function, look no further!

The Aviary is Ayrshire's most incredible private function room with configurable dining tables, dedicated waiting staff and a choice of menus to cater for all budgets.



The Peacock Lounge.

The fabulous chillout bar at The Fox & Willow.

Available for private hire for parties, The Peacock Lounge is suitable for dining, dancing and drinking.

Kick back, order something strong and lose a few hours with some friends in the coolest setting on the coast.



The Terrace.

With its stylish decor, comfortable seating, and inviting atmosphere, you'll feel right at home as soon as you step inside. A retractable roof and underfloor heating keep you at the perfect temperature all year round.

Whether you're looking for a spot to enjoy a romantic meal, catch up with friends over drinks, or unwind with a good book, The Terrace is the perfect place.

Foxy Word Search...

You won't be waiting for long for your breakfast, but while you are, why not have a shot at finding all the words?

If you don't have a pen or pencil on you, just ask your server for one.

Good luck!

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|---------------|-----------|----------|--------------|
| BACON | OMELETTE | MUFFIN | CROISSANT |
| TATTIE SCONE | MUSHROOMS | SAUSAGE | CAPPUCCINO |
| BLACK PUDDING | TOAST | ESPRESSO | TEA |
| PORRIDGE | EGGS | PANCAKES | ORANGE JUICE |

Z L F P W E E K W E Y K T W N
 S E K A C N A P S N T E N U J
 T X B M D P N H G O U V A B C
 L E N N I A O T G C W C S U B
 T L A I P T L R E S W D S O E
 V S A I O U D M R E O B I M G
 B L A C K P U D D I N G O E K
 S M O O R H S U M T D X R L E
 N I O N T N X Y Z T Z G C E S
 G O S G I S A U S A G E E T P
 I D C F L Q Y M P T R C Z T R
 D R F A R O B Y U T Y M H E E
 Y U L Z B C V V D P Y F E Z S
 M C A P P U C C I N O H G L S
 E C I U J E G N A R O A E X O



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