



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!

What's on!

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



Every Tuesday
Mate Night? Date Night?
Nothing wrong with a cheap date...
5-9pm

Every Thursday
Burger Club / Let's Get Quizzical
Showcasing the best in burgers at fantastic prices, followed by Kris' Crazy Quiz!
5-9pm. Quiz starts 7:45pm.

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!

Sunday 30th March
Mother's Day
Specially selected, individually priced menu. Time to treat the unsung hero in everyone's' life.

Wednesday 9th April
Blackout Dinner
3 Course Dinner, with live music, in nothing other than candlelight. An evening not to be missed!
5:30-9pm

Thursday 8th May
Ocho de Mayo
A lively fiesta of Mexican inspired food and live music!
2 Courses £27.50 / 3 Courses £35.00

11th May / 6th July
Terrace Brunches
Our Themed Sunday brunches with live Entertainment.

Thursday 5th June
Steakhouse Sip & Sizzle
The best in sliders / steak platters / cocktails / craft beers / and so much more!
5-9:30pm



Sunday Roast

Every Sunday Noon 'til 9pm
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

- 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
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- Vanilla Shakerato -

Espresso Shaken with Ice, served in a Martini Glass
£4.50

- Morning Smoothies -

Passion & Mango Madness £3.95	Peachy Keen £3.95	Wild Mixed Berry Bonanza £3.95
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- Breakfast Beverages -

Passion Mimosa Passion Fruit Syrup, Prosecco £5.95	The Fox Bloody Mary House Pour Vodka, served with Tongue in Peat Smoked Tomato Juice, Celery, Cucumber & Lemon £7.95	Veuve Clicquot Yellow Label Champagne 125ml £14.95
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- Breakfast Dishes -

The Big Grill

Pork Links, Lorne, Stornoway Black & Fruit Pudding, Ramsay’s Back Bacon, Hash Brown, Tattie Scone, Grilled Mushroom, Roasted Tomato, Heinz Baked Beans & Eggs Your Way

£13.95

The Wee Grill

Pork Links, Ramsay’s Back Bacon, Tattie Scone, Grilled Mushroom, Roasted Tomato & Eggs Your Way

£9.95

The Vegetarian Grill

Tattie Scone, Buttermilk Pancake, Stornoway Fruit Pudding, Hash Brown, Grilled Mushroom, Roasted Tomato, Heinz Baked Beans & Eggs Your Way

£10.95

Eggs Benedict

Toasted English Muffin, with Ramsay’s Back Bacon, Poached Eggs & a Rich and Velvety Hollandaise £9.95

Add Smoked Salmon £4.50

Add Stornoway Haggis, Roasted Red Onion Chutney £3.95

The Fox Breakfast Stack

Stornoway Black Pudding Stack, Tattie Scone, Poached Eggs, Creamy Hollandaise & Crispy Ayrshire Bacon £11.95

Honey Whipped Feta, Smoked Salmon & Sliced Avocado

On Open Croissant, topped with Poached Eggs & Herb Oil £12.95

Brioche French Toast

Crispy Ramsay’s Bacon, Maple Syrup £9.95

Dusted with Cinnamon Sugar, Peanut Butter, Apple Compote £9.95

Mexican Eggs

Smashed Avocado, Chorizo & Pepper Salsa, Poached Eggs, Paprika Hollandaise, on Toasted Sourdough £10.95

Breakfast Trifle

Layers of Mixed Berry Compote, Honey Greek Yoghurt & Oaty Granola Topping £8.95

Buttermilk Pancakes

2 Fried Free-Range Eggs, Crispy Bacon & Maple Syrup £9.95

Greek Yoghurt, Honey & Mixed Berries £9.95

- Handhelds -

Any of the following fillings served in either a freshly baked morning roll, or in a butter croissant

Pork Links Ramsay’s Bacon Lorne Sausage

Hash Brown Black Pudding Fruit Pudding Eggs All Ways

1 Item £3.95 2 Items £5.95 3 Items £7.95

- Kids Breakfast -

Kids Mini Breakfast

Sausage, Bacon, Hash Brown, Beans

£4.95

Beans On Toast

£3.50

Pancake & Syrup

£3.50

Fruit & Berries

£3.50

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!

PRIVATE DINING	DOMES	SPOON	FORK
BREAKFAST	DOG FRIENDLY	BEER GARDEN	TEA
WILLOW	COCKTAIL	DINNER	FOX
LUNCH	COFFEE	KNIFE	AYR

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