

Hot Drinks

Espresso	Single 1 kcal 3.00	Mocha 185 kcal	4.25
	Double 2 kcal 3.50	Flat White 97 kcal	3.85
Macchiato	Single 5 kcal 3.00	Hot Chocolate 245 kcal	4.50
	Double 10 kcal 3.50	With cream	
Americano 13 kcal	3.50	Pot Of Tea 0 kcal	3.25
Cappuccino 134 kcal	3.85	Fruit & Herbal Tea 0 kcal	3.50
Caffe Latte 145 kcal	3.95	Ask you server for today's selection	

Decaf coffee, oat and coconut milk alternatives also available

Soft Drinks

Cawston Press Apple & Rhubarb 69 kcal 330ml	3.00
San Pellegrino Limonata 133 kcal 330ml	3.50
San Pellegrino Aranciata 126 kcal 330ml	3.50
Ginger Beer 118 kcal 275ml	3.25
Freshly Squeezed Orange Juice 95 kcal	3.95
Juices	3.25
Orange 99 kcal Apple 101 kcal Pineapple 111 kcal Tomato 99 kcal Cranberry juice drink 131 kcal	
Coca-Cola 136 kcal	3.95
Diet Coke 1 kcal Coke Zero 1 kcal Sprite Zero 3 kcal	3.50
Still Sparkling Water 0 kcal	2.75

Ⓜ These products do not contain any meat or fish. Not all ingredients are shown in the dish descriptions. All dishes on this menu are subject to ingredient availability. We follow good hygiene practices in our kitchens, but due to the presence of allergenic ingredients in some products, there is a small possibility that allergen traces may be found in any menu item. We advise you to speak to a member of staff if you have any food allergies or intolerances. Full allergen information relating to our menu items can be found at www.restaurantallergens.com/Navigator. Adults need around 2000 kcal a day. The calorie information for our menu is calculated from recipes, however, as all our dishes are prepared by hand, some variation may occur. Guidance permits a +/-20% variance on published calorie values. For latest calorie information please visit our website. We value all feedback, please contact us at: TRG Concessions, 5-7 Marshalsea Road, London, SE1 1EP or email us at: concessions@trgplc.com. We accept all major credit cards and currencies. Our prices include VAT at the current rate. Gratuity is discretionary and all tips are kept by your server. 1939BREAKFASTMENU0324



Navigator Classics

Hearty and traditional, a great kick start to your day!

The Works | 15.50

Two Cumberland sausages, two back bacon rashers, baked beans, a slow roasted tomato and hash browns with toast and your choice of fried eggs 1209 kcal or scrambled eggs 1151 kcal

Vegetarian Full English | 12.00

Two vegetarian sausages, smashed avocado, roasted peppers, a slow roasted tomato and hash browns with toast and your choice of fried egg 926 kcal or scrambled egg 774 kcal

Full English | 12.00


Cumberland sausage, back bacon, baked beans, a slow roasted tomato with toast and your choice of fried 802 kcal or scrambled egg 865 kcal

Breakfast Butty | 8.50


All served on white bread

Choose from either:

Cumberland sausage 654 kcal

Veggie sausage 446 kcal 

Back bacon 609 kcal

Fried egg 560 kcal 

Full Works Butty | 10.50

Have it all!

Filled with a Cumberland sausage, back bacon and a fried egg 704 kcal

Eggs on Toast | 8.50

Free range scrambled 602 kcal or fried 570 kcal eggs on white or brown toast

Ask to swap to our

gluten free bread -40 kcal

Add smoked salmon +75 kcal | 4.00

Add back bacon +194 kcal | 2.50

Toasties

Served between bloomer bread with hash browns

Wiltshire ham & Cheddar cheese 858 kcal | 11.00

Cheddar cheese & tomato 768 kcal  | 10.00

Buttermilk Pancakes

Bacon & maple flavour syrup 583 kcal | 10.00

Banana, fresh strawberries & vanilla yoghurt 507 kcal  | 9.75

Something Smaller

Something good to boost your morning!

Oat & Raisin Granola | 7.50

With strawberries, blueberries, vanilla yoghurt and honey 409 kcal

Smashed Avocado on Toast | 10.25


With feta and mint 434 kcal


Add smoked salmon +75 kcal | 4.00

Traditional Porridge | 5.75

We only use the finest rolled porridge oats, perfect plain & simple, made with your choice of water 184 kcal, coconut 266 kcal or semi-skimmed milk 304 kcal

Add the following toppings:

Banana & honey +97 kcal  | 1.00

Banana, seeds, strawberries & honey +132 kcal  | 1.50

Toast & Preserves | 3.75

White or brown toast with jam and butter 480 kcal

Ask to swap to our gluten free bread -87 kcal

Croissant with Butter 443 kcal | 3.25

Selection of Danish Pastries 360-426 kcal  | 3.75

Morning Cocktails

Bloody Mary | 11.75

A spicy fusion of vodka, tomato juice, lemon juice and Worcestershire sauce. Add Tabasco, salt or pepper to taste

Mimosa | 9.25

Add a little sparkle with this classic combination of Prosecco and orange juice

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