

# BREAKFAST MENU

## UNTIL MIDDAY

### JUICES & SMOOTHIES

**Choice of fruit juices** 2.9

**Freshly squeezed juices** 4.4

**Green mix** 4.6

Cucumber, apple, mint & celery

**Vitamin** 4.6

Orange, apple & carrot

**Mixed berry smoothie** 4.5

Strawberry, raspberry, blueberry, banana, coconut milk and lime

**Detox-zing** 4.5

Banana, berries, carrot, courgette, ginger

**Pash 'n' shoot** 4.5

Mango, pineapple, passion fruit, orange

**Strawberry split** 4.5

Strawberries, bananas, orange

**Kale kick** 5.5

Mango, spinach leaves, kale, apple

**Protein shake** 5.5

Dates, peanut butter, banana, plant based protein powder, almond milk

### PASTRIES, CAKE & TOAST

**Pastries** 1.9 

Choice of pastries with butter and preserves

**Cake selection** 4.5 

Ask for daily choices

**Toast & preserves** 2.2 

Choice of white, granary or sourdough

#### SIGNATURE FRENCH TOAST 9.9

**Smashed avo** egg, hollandaise, chilli, lime 

**Shakshuka & feta** rich tomato sauce, feta, poached egg 

**Red velvet** mascarpone cream, berries, honey, pistachios 

**Nutella & popcorn** brownie, Nutella sauce, popcorn 

#### HOMEMADE PANCAKES 8.9

**New Yorker** streaky bacon & fried eggs

**Buttermilk chicken** fried buttermilk chicken, maple syrup

**Mars bar** Mars bar pieces & vanilla ice cream 

**Banoffee** bananas, caramel sauce, whipped cream 

**The English** 9.9

Two eggs, two bacon, one Cumberland sausage, hash brown, mushrooms, tomatoes, baked beans, sourdough toast

**Eggs royale** 9.9

Oak smoked salmon with two poached eggs and hollandaise sauce on sourdough toast

**Avocado benedict** 9.9 

Avocado and fresh spinach with two poached eggs and hollandaise sauce on sourdough toast

**Mediterranean superfood** 9.9 

Two eggs, spinach, halloumi, tomatoes, avocado, Portobello mushrooms, sourdough toast

**Vegetarian** 9.9 

Two eggs, Portobello mushrooms, vegetarian sausage, baked beans, hash browns, tomatoes, sourdough toast

**Vegan plate** 9.9 

Mushrooms, crispy hot falafel, spinach, tomatoes, avocado, sesame sauce, sourdough toast

### LIGHTER BREAKFAST

**Organic oat & nut granola** 6.9 

With coconut yogurt, honey & seasonal fresh fruit

**Porridge** 4.9  

With fresh fruit, honey & cinnamon - alternative milks available

**Smashed avocado & chia seeds** 9.9 

With cherry tomatoes & poached eggs on sourdough toast

**Smoked salmon crumpet** 9.9

Toasted crumpet with cream cheese, smoked salmon & herbs

**Sourdough toastie** 6.9

Ham & cheese, chicken & avocado or halloumi & mushroom

**Two hen's eggs** 4.5 

Scrambled, poached or fried on sourdough toast

### SOFT DRINKS

**Coke** 2.7

**Diet Coke** 2.7

**Fanta** 2.7

**Sprite** 2.7

**Americano, cappuccino, latte or flat white** 2.9

**Chai latte** 3.2

**Iced coffee** 4.1

**Liqueur coffees** 5.8

### COFFEE

**Espresso/double** 2.4/2.9

**Macchiato/double** 2.9/3.2

**Hot chocolate** 3.2

### TEA

**Pot of Tea - For one** 2.2

**For two** 3.2

**Earl grey, green, camomile, apple, peppermint,** 2.5

**Fresh mint** 2.7

**Iced tea** 3.2

**Lemongrass & ginger** 2.5



Please make staff aware if you have any food allergies or if you would like to know more about our ingredients. Due to the presence of nuts in some of our dishes we cannot guarantee absence of nut traces in our dishes.