

BOWLS & GRAINS

granola bowl 7 gf v greek yoghurt, mango, blueberries and coconut flakes

acai bowl 8.5 gf df v acai, banana, berries, London honey, coconut flakes and bee pollen

spiced porridge 7 vg v almond milk porridge, cacao nibs, banana and pomegranate

> +superfood 50p + goji / chia / bee pollen



toast 4.5 v sourdough/rye, butter and jam

daily pastries, muffins & tray bakes



on toast 7 vg any style eggs with toasted sourdough

shakshuka 10 vg baked eggs with spinach, tomato & chickpeas, fennel & raisin sourdough

+ smashed avocado 3

PLATES

the full 12

any style eggs, portobello, cumberland, streaky bacon, black pudding, our ketchup and toasted sourdough

avocado toast 8.5 gf vg v lemon, coriander, chilli and toasted rye

> + poached egg 1.5 + chorizo 3 + oak smoked salmon 4

sweet corn fritters 8 v cherry tomatoes, rocket and minted yoghurt

> + streaky bacon 3 + smashed avocado 3

pancakes

streaky bacon, maple, apple & cinnamon 12

OR

vanilla crème fraiche & berries 10 v



streaky bacon 3
oak smoked salmon 4
chorizo 3
smashed avocado 3
egg 1.5