Breakfast 9am until 12pm Eggs Royale (with smoked Salmon).......... 8.5 On soft homemade brioche bun with hollandaise Eggs Benedicts (with Bacon) 8 On soft homemade brioche bun with hollandaise Brunchin Benny 8 BBQ pulled pork on soft homemade brioche bun with hollandaise sauce and poached eggs With sundried tomatoes, feta and pomegranate served on homemade toasted sourdough Add poached eggs 1.5 Florentines our way! (V)......7.5 Poached eggs on homemade sourdough with spinach, sundried tomatoes and roasted pine nuts served with hollandaise sauce BRUNCHIN' (GF) fry up9 Bacon, Italian roasted sausage, eggs, mushrooms, tomatoes, hash browns, beans and sourdough Garden plate (V) (GF)..... Poached eggs served with hollandaise sauce, homemade hash brown, grilled halloumi, grilled beef tomatoes, mushrooms, beans and roasted peppers Breakfast burger 8 Brown sauce, hash brown, sausage patty, bacon and fried ega Pancakes... Pancetta and maple syrup Forest fruits and maple syrup **Crunchy peanut butter and caramelised** banana (V) **Extras** Bacon, sausage Spinach, avocado, mushrooms1 Halloumi, feta Eggs (poached, fried scrambled) 2 Homemade sourdough breads1 Sourdough, brown or toast

Allergies and dietary requirements

Please let a member of staff know if you have allergen or dietary requirements. All our dishes are prepared in the kitchen where nuts are used and we cannot guarantee that they are free from allergens. Although some dishes are labelled as gluten free, they are prepared in an ambience that handles gluten so there might be traces.

V = Vegetarian **Y** = Vegan GF = Gluten Free

Vegan breakfast

Granola Y
Wild mushrooms On toasted sourdough bread, wilted spinach and sundried tomatoes
Vegan fry up Y
Vegan smashed avocado *
Brunch 12pm until 3pm
Buttermilk fried chicken thighs
Brie and pancetta hash (GF)
Smoked salmon and cream cheese
French toast (V)
Cheesy French toast With streaky bacon and maple syrup
BBQ pulled pork burger10 On soft homemade sourdough brioche bun served
with apple coleslaw & hand cut chips
with apple coleslaw & hand cut chips Asparagus and poached eggs
with apple coleslaw & hand cut chips Asparagus and poached eggs With hollandaise sauce and roasted pinenuts
with apple coleslaw & hand cut chips Asparagus and poached eggs 5.8 With hollandaise sauce and roasted pinenuts Halloumi fries 6.8 Halloumi salad (V) 6.8
with apple coleslaw & hand cut chips Asparagus and poached eggs
with apple coleslaw & hand cut chips Asparagus and poached eggs





Juice Bar

Natural Smoothies (GF)5	Soft Drinks
Straw&berry fields	Coca cola 2.5
Cardiovascular, antioxidant: strawberries, pomegranate,	Diet Coca Cola 2.5
celery, cranberries, raspberry, goji berries, coconut milk	Organic Fizzy Ruby Orange 3.5
celety, oranbernes, raspberry, goji bernes, coconat milk	Organic Fizzy Lemonade 3.5
Power of sunshine	Organic Fizzy Orange 3.5
Energy, supports immune system, anti-stress: ginger,	Sparkling Water 2.5
bee pollen, turmeric, banana, peach, pineapple, mango	Still Water 2.5
and coconut milk	
Purple DolceVita	Coffee Organic 100% Arabica
Cardiovascular and digestive support, antioxidant:	Espresso Single 1.5 or Double 2.5
blueberry, bilberry, acai powder, red cabbage, coconut	Cappuccino 2.8
milk, banana, lime and ginger	Americano 2.5
·······, oanana, ·····o ana gingo	Flat White 2.9
Super green	Latte 3
Supports immune system, energy, helps with digestive	Hot Chocolate 3
and nervous system: kiwi, avocado, cucumber, celery,	Mocha 3.1
spinach, banana, parsley, ginger and mint	Add cream 0.5
opinaon, banana, parotey, ginger and min	Add syrups
Peanut butter coco	Caramel, vanilla, hazelnut, pistachio, pumpkin spice
Peanut butter, avocado, cocoa nibs, oats, maple syrup,	Milk alternatives 0.5
coconut milk	Soya, oat, almonds, coconut
	Decaf available
Boosting Shots 3.5	0 1
	Specials
Digestive Pineapple, cayenne and ginger	
Antibiotic Apple, celery and kale	Beetroot Latte 3.5
Boosting Turmeric, ginger, honey and pineapple	Matcha Latte 3.5
O LID	Chai Tea Latte 3.5
Cold Pressed Juices	Information O. Taran
	Infuses & Teas 3.5
Make your own juice	
Choose from, orange, apple, pear or mango	Malibu Dream
One fruit	Apple, rosehip, pineapple and coconut
Two fruits 4	with hibiscus petals
4.05	Ginger Root & Lemon
ACE 4.5	Ginger, lemon, lemongrass, elderberries, rosehip,
Orange and carrot	liquorice
147116	Exotic Strawberry & Kiwi Fruit Tea
Wildfire 4.5	Apple, rosehip, kiwi and strawberry, hibiscus
Beetroot, apple and celery	Gin & Tonic
	Green tea, white tea, juniper berries, cucumber,
Clarity 4.5	coriander seeds, liquorice root, lemon, cardamom,
Carrot, apple, mint	rosemary Decaffeinated Sencha Green Tea
Green is good4.5	Supreme Earl Grey
Cucumber, kale, apple, parsley	English Breakfast
	Fresh Mint Tea

