

# SOUL'S ALL DAY BREAKFAST AND BRUNCH



## Full English Breakfast - Premium **£12.70**

2 free-range golden eggs, 2 streaky smoky bacon, 2 Cumberland sausages, roasted tomatoes, Mediterranean-style mushrooms, 2 hash browns, potato chips, house-baked beans

- served with a superfood salad



## Avocado Egg Florentine **£9.99**

2 free-range poached eggs, smashed avocado and spinach with avocado oil, on toasted rye sourdough bread, topped with our special hollandaise sauce, roasted almond flakes and lemon zest

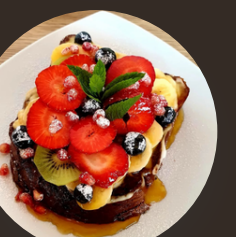
- served with a superfood salad



## Avocado Egg Royale **£12.99**

2 free-range poached eggs, smashed avocado, smoked salmon, with our special hollandaise sauce and roasted almond flakes on toasted fine rye bread

- served with a superfood salad



## Brioche French Toast

Brioche loaf toasted in 3 eggs custard, coconut yoghurt, golden syrup, topped with vanilla tropical fruit

**£8.99**

Twice toasted pistachio croissant in 3 eggs custard, coconut yoghurt, golden syrup, and vanilla tropical fruits

**£7.99**

## Mexican open toast Benedict **£13.99**

2 free-range poached eggs, smashed avocado, pico de gallo, salsa, roasted almond flakes, lemon zest and our special hollandaise sauce on toasted rye bread OR English muffin

- served with a superfood salad

## Spiced Bacon Benedict **£15.99**

2 free-range poached eggs, smashed avocado, Mexican salsa with green chilli, smoked crispy bacon, hollandaise sauce, roasted almond flakes, lemon zest on toasted fine rye bread OR English muffin

- served with a superfood salad

## Vegan Breakfast/Brunch (VE) **£13.99**

2 toasted sourdough slices with a vegan smoked avocado dressing, spinach, roasted plums, vegan sausages, pulled jackfruit cooked in tomato sauce, with almond flakes, mixed seeds and sweet potato chips

- served with a superfood salad

## Buttermilk Pancake

Fresh butter milk pancakes with gokdebn syrup, coconut treacle or neem honey with tropical fruit

**£8.99**

Sweet & Savory buttermilk Pancake : Fresh buttermilk pancake Roasted ham, cheese, hint of chilli flakes, with gokdebn syrup, coconut treacle or neem honey with tropical fruit

**£10.50**



# GOURMET BURGERS AND DISHES



## Brioche Beef Burger **£12.99**

Beef burger served with baby gem lettuce, cheese, special burger sauce, gherkins, roasted red onion, avocado, oregano roast tomatoes on brioche buns. Sweet potato fries on the side.



## Mexican Beef Burger **£17.50**

Mexican beef burger, baby gem lettuce, salsa verde, special burger sauce, gherkins, roasted red onions, avocado, oregano roast tomatoes on brioche buns. Sweet potato fries on the side.



## Jackfruit Burger (VE) **£13.50**

Pulled jackfruit burger, baby gem lettuce, vegan cheese, special burger sauce, gherkins, roasted red onions, avocado, oregano roast tomatoes on brioche buns. Sweet potato fries on the side.

## Buttermilk Chicken Burger **£14.50**

Buttermilk chicken burger, with baby gem lettuce, cheese, special burger sauce, gherkins, roasted red onion, avocado, oregano roast tomatoes on brioche buns. Sweet potato fries on the side.

## Halloumi Mushroom Burger (Vg) **£16.50**

Garlic and oregano caramelised mushroom with halloumi, baby gem lettuce, cheese, special burger sauce, gherkins, roasted red onion, avocado, oregano roast tomatoes on brioche buns. Sweet potato fries on the side.

## CHICKEN MILANESE **£13.80**

Brioche crumbed chicken breast with egg, garlic, salad and roasted onions dressed in SOUL made truffle cream sauce  
Vegan chicken Milanese £13.50



# EARTH BOWLS / SALADS

## Superfood Salad (VE) **£7.50**

Mixed salad, cherry tomatoes, roasted almond flakes, avocado, pomegranate, chia seeds, sesame seeds, chickpeas, cucumber, pine nuts and shredded carrot with SOUL's vegan dressing

## Mexican inspired spiced salad (VE) **£11.50**

Fresh green chilli with chopped tomato and salsa sauce, red kidney beans, onion, tomatoes, lime & coriander, olive oil dressing, mixed salad

## Chicken breast Protein Salad **£11.50**

Mixed Salad, chicken breast, chia seeds, roasted almond, avocado, pomegranate, sesame seeds, pine nuts, dried cranberries, chickpeas, dried papaya pieces, and cherry tomato with SOUL's vegan dressing

## Vegan Chicken Salad Option available (VE) **£13.50**

## Salmon Salad **£12.50**

Smoked salmon, mixed salad, spinach, olives, avocado, pineapple, red pepper, roasted almond flakes, pomegranate, cranberries with SOUL's vegan dressing



All sandwiches are served with our superfood side salad - side salad without sandwich £3.50

Bread used : Rye sourdough. Other options: white bloomer, wholemeal or Ciabatta, for all the items vegan and GF option available

Oil used: extra virgin olive or avocado oil

# SANDWICHES FOR LUNCH OR BREAKFAST

*served on sourdough bread, with superfood side salad*



## Rainbow Sandwich (VE)

£6.99

Spinach, bell pepper, avocado, purple cabbage, carrot, hummus, vegan mayonnaise



## Chicken Caesar Bacon or Fried egg - Sausage

£7.99

Chicken breast coated in SOUL Caesar mayo with beech-smoked bacon or sausage, shavings of Italian matured cheese, with yoghurt mayo  
Vegan option available (VE)



## Pulled Jackfruit Sandwich (VE)

£8.99

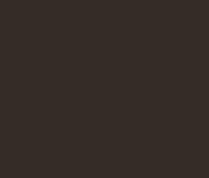
Pulled jackfruit cooked in tomato sauce, with hummus, vegan pesto, grilled aubergine and courgette



## Fried Egg & Kale

£6.50

Fried egg, kale, pine nuts, and cheese



## Tuna Sandwich Melt

£5.99

Tuna, mayonnaise, red onion, tomato, and cheese



## Mashed Chickpea Sandwich (VE)

£7.99

Mashed chickpeas, vegan mayo, red onion, tomato, and lettuce



## Avocado on Toast

£6.99

Avocado on toasted sourdough bread with black sesame seeds, lemon zest and a hint of chilli flakes, served with a side salad



## Beans on Toast

£5.99

Home cooked traditional beans and sourdough toast

## Croque Monsieur

£7.50

*(French cheese & ham toastie)*

Organic ham, cheese, black pepper, béchamel sauce

Vegan option available (VE)

£9.50

## Croque Madam

£8.99

*(French cheese, ham and egg toastie)*

Organic ham, cheese, black pepper, béchamel sauce, 2 free-range fried eggs

## Premium Bacon BLT or BLAT

£7.50

Nutmeg and honey roasted organic crispy bacon, tomato, and lettuce (avocado optional)

## Banana Blossom Sandwich (VE)

£8.99

Banana blossom, garlic, sundried tomatoes, avocado, green olives, hummus (vegan fish substitute)

## Avocado Egg Turmeric Sandwich

£7.99

Avocado mashed with coconut mayo, and 2 turmeric free-range fried eggs

## Mozzarella & Prosciutto Panini

£7.99

Mozzarella, prosciutto, green pesto, sweet chilli pesto, garlic, pepper and tomato on olive oil toast sourdough bread

## SMALL ONES



## Vegan Yogurt Bowl

£5.99

Plant-based yoghurt, topped with tropical fruits & vegan honey drizzle



## Avocado on Toast

£6.99

Avocado on toasted sourdough bread with black sesame seeds, lemon zest and a hint of chilli flakes, served with a side salad



## Beans on Toast

£5.99

Home cooked traditional beans and sourdough toast

## Organic Porridge

£5.99

Organic oat porridge served with tropical fruits and neem tree honey

## Kids Mega Meal

£8.99

1 free-range egg, 1 streaky smoky bacon, 1 Cumberland sausage, roasted tomatoes, hash browns, baked beans and toast

## Cucumber & Cream Cheese Sandwich £5.99

Cucumber, cream cheese & dill sandwich

## OMELETTES

## Golden Omelette

£6.99

2 free-range eggs, turmeric, red onion, hint of green chilli served with sourdough toast

## Omelette Breakfast

£9.50

4 free-range eggs, cheese, ham, mixed vegetables topped with almond flakes on sourdough toast

## Rainbow Omelette

£8.50

3 free-range eggs, turmeric, onion, spinach, bell pepper, avocado, purple cabbage, carrot served with sourdough toast

## Mexican-inspired Chicken Breast Omelette £11.00

4 free-range eggs, paprika, garlic and chilli-coated chicken, green pepper, tomato, onion, coriander, cheese and medium hot salsa

## TO GO WRAPS



## Mexican Guacamole-Salsa Wrap

£6.99

Guacamole with salsa, coriander leaves, red onion, green chilli, and salad in a toasted tortilla wrap

## High Protein Gym Pack

£8.99

Brioche crumbed chicken breast with egg, garlic, salad and roasted onion dressed in SOUL made truffle cream sauce

## Tuna Mayo and Salad Wrap

£4.99

Tuna, mayo, tomato, red onion and salad in a toasted tortilla wrap

## SOUP of the Day

£7.99

Roasted carrot, ginger & avocado Soup  
Chicken Mushroom Soup  
Mexican Soup

*served with toasted sourdough bread*

SOUL CAFE, 149 HEATH ROAD, TWICKENHAM

WEB: SOULTWICKENHAM.CO.UK

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