

# breakfast

## juices & smoothies

yoghurt, berry  
& pollen defense 14  
*yoghurt, strawberry, raspberry  
blueberry, local bee pollen, honey*

fitness & protein 14  
*omega seed butter, raw almond milk  
wild blueberry, hemp chia, dates*

green juice 14  
*ginger, spinach, granny smith apple  
cucumber, lemon, curly kale*

ruby red 14  
*carrot, beet, lemon, ginger, orange*

turmeric tonic 14  
*lime, lemon, honey*

## pancakes & french toast

french toast 22  
*caramelised mango*

buttermilk pancakes 22  
*mixed berries, banana  
maple syrup*

gluten free almond pancakes 22  
*house made almond butter  
whipped banana cream*

## energising & fresh

market fruit plate 15

vanilla chia bowl 15  
*dates, cacao, brazil nut  
hemp seed, berries*

coconut yoghurt 15  
*rhubarb compote, pollen  
honey, salted oats & seeds*

wild blueberry bowl 15  
*jungle peanut butter  
fresh & dried fruit*

steel cut irish oatmeal 13  
*banana, cinnamon, raisin*

avocado toast 16  
*sunflower seed, lime, chili flakes*  
add poached eggs 8  
add smoked salmon 12

## house baked breads & pastries

croissant, almond croissant  
or pain au chocolat 7

blueberry matcha muffin 7

toast 7  
*white, 7 grain, sourdough, rye  
english muffin*

## english breakfast

full english breakfast 32  
*grilled mushroom, baked beans  
crispy potatoes, cherry tomato  
bacon, sausage, black pudding  
choice of toast  
freshly squeezed orange juice  
coffee or tea*

## continental breakfast

house baked pastries 22  
*freshly squeezed orange juice  
coffee or tea*

## sides 8

free range chicken sausage

pork & herb sausage

smoked bacon

smoked salmon

baked beans

roasted mushrooms

ham

cherry tomato

## organic eggs

eggs in any style 16  
*crispy potatoes, cherry tomato  
choice of toast*

whole egg  
or egg white omelette 24  
*choice of smoked salmon, tomato  
spinach, onions, peppers, mushroom  
cheddar cheese, mozzarella or  
goat cheese, choice of toast*

softly scrambled eggs 24  
*aged cheddar, broccoli, dill  
choice of toast*

dosa 22  
*egg, sambal, cheddar cheese  
dill, mint*

egg sandwich 24  
*brioche bun, smoked country ham  
cheddar cheese*

eggs benedict 26  
*suffolk ham, smoked salmon  
or spinach*