

# BREAKFAST / BRUNCH

Available Mon - Fri from 8am until 2.30pm  
and Sat from 10am until 1.30pm



Granola bowl \_\_\_\_\_ 4.95  
Homemade granola served with almond milk. Topped with blueberries, banana, chia seeds and micro herbs gf, ve, nuts

Chocolate orange porridge \_\_\_\_\_ 5.95  
Jumbo oats made with almond milk, cocoa powder and finished with chocolate drops. Topped with a blood orange compote, and crumbled chocolate and quinoa tiffin gfo, ve, nuts

Choco cherry smoothie bowl \_\_\_\_\_ 6.50  
Frozen banana and mango with cocoa powder and peanut butter. Topped with frozen cherries, puffed quinoa, chocolate drops, blueberries, pumpkin seeds and micro herbs gf, ve, nuts

Bacon sandwich \_\_\_\_\_ 3.95  
Buttered sourdough toast with crispy bacon and choice of tomato or brown sauce gfo, dfo

Smoked salmon \_\_\_\_\_ 7.50  
Toasted sourdough bread, dill scrambled eggs, smoked salmon, shaved radish and pea shoots gfo, dfo

Bacon & Egg \_\_\_\_\_ 8.50  
Two slices of sourdough toast, crispy bacon, two fried free range eggs, charred tomatoes and watercress gfo, dfo

Corn fritters \_\_\_\_\_ 8.95  
With avocado smash (coriander, chilli + lime), crispy bacon, two free range poached eggs and pea shoots gf, df



SUITABLE FOR VEGANS

Homemade beans \_\_\_\_\_ 5.95  
Buttered rye toast with homemade mixed beans in a rich tomato sauce gfo, ve

Cinnamon toast \_\_\_\_\_ 7.95  
Bloomer bread coated in a tofu and cinnamon batter. Topped with vegan yogurt, raspberries, pistachios and maple syrup gfo, ve, nuts

Vegan shrooms & greens \_\_\_\_\_ 7.95  
Buttered sourdough toast with garlic mushrooms, buttered greens and flaked almonds gfo, ve, nuts

Vegan avo smash \_\_\_\_\_ 7.95  
Toasted dark rye bread, avocado smash (coriander, chilli + lime), charred tomatoes, omega seeds and pea shoots gfo, ve

Protein pancakes \_\_\_\_\_ 8.95  
Stacked high with peanut butter, banana, dark chocolate chips, maple syrup, blueberries and micro herbs gfo, ve, nuts

SUITABLE FOR VEGETARIANS

Toast \_\_\_\_\_ 2.50  
Choice of sourdough, rye bread or gluten free bread. Served with butter gfo, veo

+ jam 0.50  
+ peanut butter 0.50  
+ honey/maple syrup 0.50

Toast with eggs \_\_\_\_\_ 5.50  
Buttered sourdough or rye toast with two free range eggs (poached, fried or scrambled), and pea shoots gfo, dfo

Avo toast \_\_\_\_\_ 7.95  
Toasted dark rye bread, two free range poached eggs, avocado smash (coriander, chilli + lime) and pea shoots gfo

Shrooms & Greens \_\_\_\_\_ 8.50  
Buttered sourdough toast with garlic mushrooms, buttered greens, two poached free range eggs and flaked almonds gfo, dfo

vegan (ve) - vegan option available (veo) - dairy free option available (dfo) - gluten free (gf) - gluten free option available (gfo) - contains nuts (nuts)

# RASK

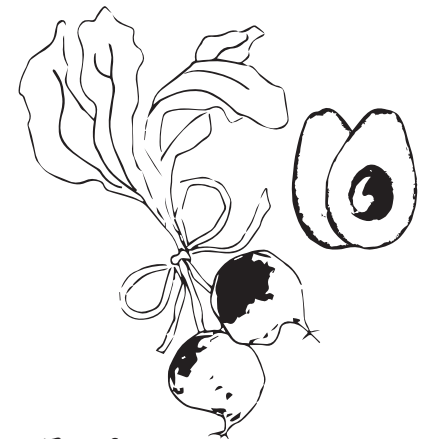
## SMOOTHIES & JUICES

Apple, pear & ginger \_\_\_\_\_ 3.50  
Frozen apple and pears with spinach, ginger and apple juice gf, ve

Avo date with protein \_\_\_\_\_ 3.95  
1 scoop (33g) \*Ultra Protein chocolate protein powder, dates, avocado, frozen banana, pecans, maple syrup, \*\*ashwagandha powder and almond milk gf, ve, nuts

Berry beautiful \_\_\_\_\_ 3.95  
Frozen berries, banana, acai powder and orange juice gf, ve

*\*Ultra Protein chocolate protein powder is a high quality plant based protein blend. 1 scoop = 20.9g protein. \*\*Ashwagandha is a herb known as an adaptogen. It commonly helps reduce and regulate stress.*



## EXTRAS

Add any of the following to your breakfast 1.95 per item

+ two poached eggs  
+ two rashers of crispy bacon  
+ two slices of toasted rye or sourdough bread with butter or vegan spread gfo, veo  
+ homemade beans gf, ve  
+ sliced avocado with omega seeds gf, ve  
+ homemade hummus with spicy seeds (subject to availability) gf, ve

For food allergy information please ask a member of staff. All our food is made in a small kitchen so we are unable to guarantee segregation of all allergens. Please let us know of any allergens at the time of ordering.