






## Breakfast

**Granola bowl**  4.50  
Homemade **granola** served with **almond** milk.  
Topped with blueberries, banana, chia seeds and  
lemon balm *gf, ve, nuts*

*New!*

**Cherry bakewell oat porridge**  5.25  
Jumbo oats made with **almond** milk and maple  
syrup. Topped with a cherry compote, coconut  
sugar and flaked almonds *gfo, ve, nuts*


**Choco nut smoothie bowl**  6.50  
Frozen banana, cocoa powder and **peanut butter**.  
Topped with frozen **raw bar** mini, homemade  
**granola**, frozen raspberries, cacao nibs and lemon  
balm *gf, ve, nuts*

 Indicates vegan or vegan option available

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

All allergen items are in bold. 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.

## Brunch


**Toast**  2.50  
Choice of **sourdough**, **dark rye** or gluten free  
bread with **butter** or vegan spread *gfo, veo*

Add jam, **peanut** butter or honey 0.50

**Toast with beans**  5.95  
Toasted rye bread with homemade mixed beans  
in a rich tomato sauce *gfo, ve*

**Bacon sarnie** 3.50  
Buttered **sourdough** toast with crispy bacon and  
choice of tomato or brown sauce *gfo, dfo*

**Toast with eggs** 5.50  
Toasted **sourdough** or **rye bread** with two free  
range **eggs** (poached, fried or scrambled), and  
watercress *gfo, veo*

**Avo toast**  6.95  
Toasted **dark rye** bread, two free range poached  
eggs\*, avocado smash and watercress *gfo, veo*


\* substitute eggs with charred tomatoes and  
omega seeds for vegan alternative

**Bacon & Egg** 7.50  
Two slices of **sourdough** toast, crispy bacon,  
two fried free range **eggs**, grilled tomatoes and  
watercress *gfo*

**Protein pancakes**  6.75  
Stacked high with **peanut** butter, banana, dark  
chocolate chips, maple syrup, blueberries and  
lemon balm *gf, ve, nuts*

**Corn fritters** 8.00  
With avocado smash, smoked bacon, two free  
range poached **eggs** and watercress *gf*

**Smoked salmon** 6.95  
Toasted **sourdough** bread, dill scrambled **eggs**,  
smoked **salmon**, shaved radish and watercress  
*gfo, dfo*

**Beet hummus**  6.50  
Toasted **rye** bread and beetroot **hummus** topped  
with sliced avocado, radish, spicy seeds and  
watercress *gfo, ve, sesame*


Add any of the following to your breakfast  
1.95 per item  
+ two poached **eggs**  
+ smoked **salmon**  
+ crispy bacon

*Fancy a boost?*  
+ sliced avocado with omega seeds *gf, ve*  
1.95


+ two slices of toasted **rye** or **sourdough**  
bread with **butter** or vegan spread *gfo, veo*  
1.95

+ **hummus** and spicy seeds (subject to  
availability) *gf, ve, nuts*  
0.95


## Juices & Smoothies


**Avo date with protein**  3.75  
1 scoop (33g) \**Ultra Protein chocolate protein*  
*powder*, dates, avocado, frozen banana, pecans,  
\*\* *ashwagandha* powder and almond milk *gfo, 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.*

**Berry oatsome**  3.75  
Frozen banana, jumbo oats, blueberries, 1  
scoop (15g) \*\*\**Ultra Daily mixed berry powder*,  
sunflower seeds and oat milk *gfo, ve*

\*\*\**Ultra Daily mixed berry powder* is a blend of  
*40 fruit and vegetable extract to give you a daily*  
*antioxidant hit equivalent to your 5 a day.*

**Energy**  3.25  
Strawberries, blueberries, banana, raspberries,  
blackcurrant, spinach, flax seed, maca, cacao, and  
guarana *gf, ve*

**Defence**  3.25  
Pineapple, mango, papaya, banana, ginger, flax  
seed, goji berries, baobab, sunflower seeds and  
pumpkin seeds *gf, ve*

**Detox**  3.25  
Pineapple, apple, spinach, kale, ginger, lemon  
zest, spirulina, chlorella, wheatgrass and  
barleygrass *ve*