



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*