FRUITS & GRAINS		BAKERY
Pink grapefruit (pb)	3.5	Crumpets, preserves   Croissant   Pain au chocolat   Pain aux raisins all 3.5
Porridge (v)	7	Baker's basket 6.5
Seed porridge, banana, muscovado	8	Darker o Dankee
Granola, coconut yoghurt (v)	8	
Overnight oats, apples	8	CLASSIC
Fruit salad (pb)	9	Twice-smoked bacon sandwich, brown sauce 9
		Lorne sausage, <i>tattie scones</i> , <i>fried egg</i> 11
		Grilled Manx kippers with butter 13
EGGS Burford Browns		Kedgeree 13
Boiled eggs, buttered soldiers (v)	8	Full vegetarian breakfast (v) 13 eggs any style, avocado, tomato, mushroom,
Eggs any style on toast (v)	8	spinach, beans, feta, bubble & squeak
Bacon and eggs	9	Half   Full English breakfast 12 15 eggs any style, sausages, bacon, tomato, beans, mushroom, black pudding
Egg white omelette choice of: ham, cheese, mushroom, tomato or spinach	11	
Eggs Florentine or avocado (v)	12	
Eggs Benedict / Royale	13/14	SIDES
Avocado on toast, poached eggs (v)	14	Tomato   Mushroom   Baked beans all 4.5
Smoked salmon, scrambled eggs	15	Black pudding   Bacon   Sausage all 5.5

#### SMOOTHIES all 8

All smoothies are available with vegan protein upon request

Greens & Ginger kale, banana, pineapple, lime, ginger, coconut water

Coffee & Banana banana, espresso, cacao, dates, oat milk

Berry & Acai blueberry, acai, cherry, banana, strawberry, coconut

# PRESS JUICE all 6.5 Cold press juice

Green cucumber, apple, celery, spinach, romaine, kale, lemon

Hard green cucumber, lemon, celery, ginger, kale, romaine, spinach

Ginger apple, lemon, ginger

Berry strawberry, lemon, apple, mint

Citrus orange, lemon, tangerine, grapefruit, turmeric, cayenne, black pepper

## FRESH JUICE all 4.5

Orange | Grapefruit | Apple

#### COFFEE all 4.5

House espresso - Brazil by Grind, Shoreditch, London

Iced coffee

Cold brew - black | oat by Bottleshot Cold Brew

Matcha latte

House brew 4 | House brew for two 5.5 by Grind, Shoreditch, London

Milk alternatives: oat, coconut, soya

### TEA all 4.5

English breakfast | Earl grey | Darjeeling Fresh mint | Peppermint | Green | Chamomile Rooibos | Jasmine | Lapsang souchong

PG Tips 3

TRIP CBD all 7 200ml lightly sparkling

Lemon & basil | Elderflower & mint Peach & ginger

KOMBUCHA all 5

Original | Ginger

Please let us know if you have any allergies or dietary requirements, our dishes are made here and may contain trace ingredients.

Game may contain shot. V:Vegetarian, PB:plant-based. Some dishes contain un-pasteurised cheese. As we use wild fish, availability is subject to weather/market conditions, therefore shortages or substitutions may occur. All prices are inclusive of VAT. Adults need around 2000 kcal a day.



