

each 4

## Croissant | pain au chocolat | pain aux raisins | crumpets Blueberry muffin | banana bread **BOWLS** Fruit plate (pb) 10 5 seed porridge, banana, maple (pb) 10 Chia seed bowl, coconut, mango (pb) 9 Bircher muesli, fresh fruits (v) 9 COOKED Avocado on toast (pb) add egg + 2 | 13 Eggs any style (v) add bacon + 4 | 9 9 Bacon sandwich Sausage & egg muffin 12 Smoked salmon, spinach & poached eggs 18 Kettner's beans on toast (pb) 11 Full English breakfast, eggs, sausage, bacon, black pudding, tomatoes, beans, hash browns, toast 16 Full plant based breakfast, sausage, avocado, tomatoes, mushrooms, spinach, beans, hash browns (pb) 16 Buttermilk pancakes, sweet or savoury 14



**PASTRIES & BAKED** 



PRESS JUICE		at 6
Green, cucumber, apple,	celery, spinach, romaine, kale, lemon	
	mon, celery, ginger, kale, romaine, spinach	
Ginger, apple, lemon, ging	ger	
Berry, strawberry, lemon,	, apple, mint	
Citrus, orange, lemon, tan	ngerine, grapefruit, turmeric, cayenne, black pepper	
Carrot, orange, apple, ging	ger	
SMOOTHIES		
Organic Greens, kale, avocado, lime, ginger, pineapple, banana, spirulina, coconut water		9
Cacao & Banana, banana, cacao powder, dates, espresso		8
Mango & Turmeric, mango, pineapple, passion fruit, coconut, turmeric		8
Berry & Acai, banana, strawberry, cherry, blueberry, lime, acai, berry powder		8
FRESH JUICE		at 4
Orange   Grapefruit   Apple		
INFUSED		
Trip CBD		6
Peach & Ginger   Lemon & Basil		,
Trip Mindful Blend Blood orange & rosemary 11kcal/100ml		6
g.lift	ical/ loomi	6
Red berries, codryceps & ma	aca 13kcal/100ml	
Jaga Watermelon		5.5
Reishi & codryceps 6kcal/100	Oml	
Deeply prebiotic		3.5
Carrot, ginger & turmeric 48	kcal/100m	
COFFEE by Grind, Shored	ditch, London	
Espresso   Americano		3.5
Cold Brew, black or oat milk		4
Filter   for two		3.5   5
Cortado   Flat White   Cappuccino   Macchiato		4
TEA		at 4
English breakfast   Earl grey	Peppermint   Fresh mint   Chamomile	
Green   Matcha   Jasmine   F	Red berry & hibiscus   Rooibos	
Milk alternatives oat   soya   coco	onut	

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