



Bakery

Croissant (v) Pain au chocolat (v) Pain aux raisin (v) Crumpets (v)	3
Morning bun (v) Banana bread (pb)	4

Light

Seasonal fruit (pb)	10
Rio acai bowl, banana, strawberry granola (pb) by Acai Berry®	add protein +2 10
Ricotta, blood orange, honeycomb (v)	9
Kefir yoghurt, cherry compote, banana (v)	7
Matcha bowl, kale, banana, goji (pb)	9
Protein porridge, seeded butter, blueberries (pb)	7
Yoghurt, natural (v) or coconut (pb), house granola	10

Hot

Eggs any style, toast (v)	9
Avocado on toast, chilli, sourdough (pb)	add poached eggs (v) +2 12
Superfood breakfast bowl, avocado, kale, wild rice, plant sausage, beetroot, rye bread (pb)	15
Breakfast burrito, tofu scramble, beans, chorizo cauliflower (pb)	14
Smoked mackerel, kimchi, boiled egg, rye bread	14
Honey butter toast, creme fraiche, dulce de leche (v)	10
Half Full English breakfast, eggs, sausage, bacon, baked beans, black pudding, roasted tomato, mushroom, toast	12 16
Breakfast bap, fried egg: Avocado (v) Steak Bacon Smoked salmon	9

Sides

Mushroom (pb) Baked beans (pb) Spinach (pb) Tomato (pb)	3
Hash brown (pb)	add cheese & truffle + 4 3
Smoked salmon Bacon Avocado (pb) Sausage	5

There is a discretionary 13.5% service charge added to your bill. All above are inclusive of VAT. v: vegetarian / pb: plant based **Please let us know if you have any allergies or dietary requirements, our dishes are made here and may contain trace ingredients.**



Soups at 6

Super green, gremolata (pb)

Tuscan bean broth (pb)

Chickpea & turmeric, alfalfa (pb)

Salads choose any two for 10

Chickpeas, cucumber, mint, apple (pb)

Green leaves, butter lettuce, rocket, watercress (pb)

Kale, white beans, avocado, sunflower tahini (pb)

Farro, sweet potato, sprouts, pomegranate (pb)

Greek, tomatoes, olives, cucumber, feta (v)

Add on:

Salmon | Chicken | Avocado (pb) | Mozzarella (v) +5

Feta (v) +3 | Seeds (pb) +2 | Boiled egg (v) +2 | Bavette +12 | Kimchi (pb) +3

Sandwiches & Mains

Grain bowl, quinoa, black rice, turmeric hummus, sprouts (pb) 15

Ortiz tuna toastie, cheddar, red onion 9

Brick chicken, coconut rice, green chilli 21

Smash Neat burger, stack sauce, cheese, onions, sweet potato fries (pb) 18

Turkey wrap, lettuce, tomatoes, pickles, chipotle 12

Cod, cherry tomatoes, spinach 19

Naked burger, lettuce, beef patty, cheddar cheese, pickles, fries add bacon +3 | 18

Falafel wrap, hummus, red onion, pickles, gem lettuce (pb) 10

Fillet steak, chimichurri, sweet potato fries or broccoli 38

Salmon, green asparagus, poached egg 21

Sides at 7

Sweet potato fries (pb) | Fries (pb) | Broccoli (pb) | Spinach (pb) | Mixed leaves (pb) | Rice (pb)

Treats

Banana bread (pb) | Scones (v) | Brownie (pb) | Cookies (v) at 4

Chocolate nemesis (v) | Basque cheesecake (v) at 6

Carrot cake (pb) | Date protein balls (pb) at 3

Rio acai bowl, banana, strawberry granola (pb) by Acai Berry® 10

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Smalls

Burrata (v) Burrella (pb), rocket pistou, pane carasau	13 14
TFC chicken or cauliflower (pb), hot sauce	9 8
Padron peppers, sea salt (pb)	7
Aubergine dip, pomegranate, crudites (pb)	9
Super green soup, gremolata (pb)	6

Salads & Sandwiches

Superfood bowl, avocado, sweet potato, alfalfa, red cabbage (pb)	14
Kale, sunflower seeds, spring onion (pb)	12
Add on: Salmon Chicken Avocado (pb) Mozzarella (v) +5	
Smash Neat burger, stack sauce, cheese, onions, sweet potato fries (pb)	18
Studio burger, double patty, american cheese, pickles, fries	add bacon +3 18
Chicken Shop burger, buttermilk mayonnaise, pickles, lettuce, fries 	18

Mains

Cauliflower, coriander & chilli, dukkah (pb)	16
Brick chicken, tenderstem broccoli, salmoriglio	20
Ribeye, fries, bearnaise	38
Salmon, spinach, poached egg	20
Club steak, fries, bearnaise	19
Mac & cheese, scamorza, Parmesan	15
Penne alla vodka, chilli, tomato, basil (pb)	14

Sides at 6

Sweet fries (pb) | Fries (pb) | Broccoli (pb) | Spinach (pb) | Mixed leaves (pb)

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