



B R E A K F A S T

From 9am to 12.30am

FRUIT PLATE pb	6
YOGURT, natural or coconut pb, granola, berries	8
SUPER-FOOD BREAKFAST BOWL	8
BANANA & COCONUT YOGURT, mango, granola pb	9
BUTTERMILK PANCAKES, blueberries or bacon, maple syrup, chantilly cream	9/11

E G G S

EGGS ANY STYLE, toast pb	8
EGG WHITE OMELETTE, baby spinach pb	9
AVOCADO ON TOAST, poached eggs, chilli pb	11
EGGS FLORENTINE pb BENEDICT ROYALE	11 /12/13
SMOKED SALMON, scrambled eggs	13
VEGGIE BREAKFAST, eggs, feta, crispy ratte potatoes, kale mushrooms, roast tomato, baked beans, toast pb	13
HALF FULL ENGLISH BREAKFAST, eggs, sausage, bacon, baked beans, black pudding, roast tomato, mushrooms, toast	9/14

T O A S T

BAGUETTE iberian ham, manchego cheese, tomato	6
TORRADA PA AMB TOMÀQUET, iberian ham, fried egg	12

P A S T R I E S

CROISSANT, butter or whole grain pb	3
PAIN AU CHOCOLAT pb	3

S I D E S

Gluten free bread available on request

SOURDOUGH BREAD, WHOLE GRAIN, WHITE TOAST	3
TOMATOES pb SPINACH pb CHISTORRA, BACON	4
AVOCADO pb MIXED BERRIES pb SALMON	6

Please inform your server if you have any allergies or require information on ingredients used in our dishes.
v = vegetarian | pb = plant based



HOUSE PRESS cold press juices

all 5.5

GREEN apple, lemon, romaine, celery, cucumber, spinach, kale
HARD GREEN kale, spinach, romaine, celery, ginger, lemon
CITRUS orange, lemon, tumeric, cayenne, tangerine, grapefruit,
BERRY strawberry, apple, lemon, mint
GINGER ginger, green apple, lemon

KOMBUCHA by Ferment9

all 6

GOLD NATURAL | PASSION FRUIT | GINGER

FRESHLY SQUEEZED

all 3.5

ORANGE | GRAPEFRUIT | APPLE | CARROT | PINEAPPLE

SMOOTHIES

all 8

all smoothies are available with vegan protein upon request

GREENS & AVOCADO kale, avocado, kiwi, banana, spirulina, mint, lime, ginger, dates, coconut water
COFFEE & BANANA espresso, cacao nibs, hemp seeds, banana, maca, dates, oats
BERRY & AÇAÍ blackberries, raspberries, açai cherries, goji berries, banana, beetroot, coconut
CACAO & GINGER cacao, avocado, ginger, baobab, banana, dates, oats
MANGO & TURMERIC mango, avocado, pineapple, turmeric, ginger, black pepper, dates,coconut

COFFEE by Grind

ESPRESSO 1.85
CORTADO 2.35
CAFÉ CON LECHE | CAPPUCCINO | MACCHIATO 2.65
AMERICANO 3.15
HOUSE COLD BREW 3.50
CARAJILLO | HOT CHOCOLATE 3.50
LATTE | FLAT WHITE 3.65
MATCHA | CHAI | TURMERIC | BEETROOT LATTE 5
EXTRA SHOT 0.50

TEA

all 4

ENGLISH BREAKFAST | EARL GREY | CHAMOMILE | GREEN Genmaicha or Chun Mee
ROOIBOS | PEPPERMINT | WHITE | BLUE OOLONG | LEMON & GINGER |

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TAPAS

PA AMB TOMÀQUET pb	4
ENSALADILLA RUSA, potatoes, peas, tuna	7
PADRÓN PEPPERS, miso glaze pb	7
PATATAS BRAVAS, spicy sauce v	8
HAM CROQUETTES	8
GUACAMOLE crudités, taro chips pb	10
CALAMARI FRITTI, chilli, lemon aioli	13
IBERIAN HAM	13
VEGAN MEATBALLS, corn, coconut, chilli pb	14

SOUPS

GAZPACHO, croutons pb	9
GREEN VEGETABLE TOMATO, cannellini beans, tarragon pb	11

SALADS & BOWLS

BUTTER LETTUCE, avocado, sherry vinaigrette pb	6/11
KALE SALAD, apple, radish, cherry tomato pb	7/12
CHICKEN, lettuce, croutons, anchovy, parmesan	7/12
GREEN BEANS, black olives, mustard, crispy ham	8/14
SALMON POKE mango, cucumber, crispy onion, brown jasmine rice	15
AHI TUNA POKE avocado, cucumber, fresno, brown jasmine rice	16

SANDWICHES

AVOCADO ON TOAST, chilli, sourdough pb	9
DIRTY BURGER, cheddar, mustard, iceberg, tomato, gherkin, fries	16
CLUB CHICKEN WRAP bacon, egg, lettuce, chilli, dijonnaise, fries	17

MAINS

CHICKEN PAILLARD, rocket, cherry tomatoes, olives, aged balsamic	17
MUSHROOM RICE, black truffle, parmesan v	18
SALMON, spinach, lemon aioli	19
LAMB CHOPS, pickled onion, radish, zhoug	24
TUNA STEAK, tomatoes, rocket	24
RIB EYE STEAK 250g fries, béarnaise	25

SIDES

TOMATO & BASIL pb FRIES pb MIXED SALAD pb SAUTEED BROCCOLI pb NEW POTATOES v	all 5
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all 11

HOUSE TONICS

- SOHO MULE Ketel One vodka, lime, ginger, soda
ISLAND NEGRONI Banks 5 rum, Cocche rosa, Lady A, Campari, grapefruit
PICANTE DE LA CASA Patron Reposado tequila, chili, coriander, lime, agave
EASTERN STANDARD Ketel One vodka or Bombay Sapphire gin, lime, cucumber, mint

HOUSE SPECIALS

- GINGER COSMO Konik's Tail vodka, ginger, cranberry, lime, lychee 12
EL MARIACHI Don Julio Blanco, St. Germain, Vida mezcal, tangerine 12
LADY A PUNCH Lady A, Vermut, peach (1000ml jug) 45

FROZEN COCKTAILS

- PASSION FRUIT MARTINI Konik's Tail vodka, passion fruit, lime, white chocolate 12
FROSÉ Belsazar rosé Vermouth, Bulleit Rye Whisky, Saint Germain, peach 12

BEER

DRAUGHT

- ESTRELLA DAMM 5.4% 3.5
DAMM LEMON 3.2% 3.5
EASY PALE ALE forest road 3.8% 3.5

CAN

- POSH LAGER forest road 4.1% 5

BOTTLED

- FREE DAMM 0.0% 3
DAURA gluten free 5.4% 4.5
BRUTUS 5.0% 5

WINE

150ml

- WHITE - NAIA Verdejo, Rueda 7
ROSÉ - LADY A Provence IGP, France 8.5
RED - CAL PLA Garnatxa Carinyena, Priorat 9

SPARKLING & CHAMPAGNE

125ml

- JUVÉ & CAMPS BRUT Nature Reserva 16 6.5
JUVÉ & CAMPS Brut rosé 16 6.5
COLLET Brut NV 12

NON ALCOHOLIC

- CITRUS SPLASH Seedlip Spice 94, orange, citrics, ginger beer 10



FOUR TO SEVEN MENU

TAPAS

PA AMB TOMÀQUET pb	4
ENSALADILLA RUSA, potatoes, peas, tuna	7
PADRÓN PEPPERS, miso glaze pb	7
PATATAS BRAVAS, spicy sauce v	8
HAM CROQUETTES	8
GUACAMOLE crudités, taro chips pb	10
CALAMARI FRITTI, chilli, lemon aioli	13
IBERIAN HAM	13

SALADS & BOWLS

BUTTER LETTUCE, avocado, sherry vinaigrette pb	6/11
CHICKEN, lettuce, croutons, anchovy, parmesan	7/12
GREEN BEANS, black olives, mustard, crispy ham	8/14
SALMON POKE mango, cucumber, crispy onion, brown jasmine rice	15
AHI TUNA POKE avocado, cucumber, fresno, brown jasmine rice	16

SANDWICHES

AVOCADO ON TOAST chilli, sourdough pb	9
DIRTY BURGER, cheddar, mustard, iceberg, tomato, gherkin, fries	16
CLUB CHICKEN WRAP bacon, egg, lettuce, chilli, dijonnaise, fries	17

ICE CREAM & SORBET

3 per scoop

CHOCOLATE | VANILLA | CARAMEL | COCONUT pb
MANGO | LEMON | TANGERINE



CAVA & CHAMPAGNE

	125ml	750ml
JUVÉ & CAMPS ESSENTIAL 'Xarel.lo', Brut Reserva - Eco 16	6.5	30
JUVÉ & CAMPS Brut Rosé - Eco 16	6.5	30
GRAN TORELLÓ GRAN RESERVA Brut Nature 11		48
COLLET Brut NV	12	70
COLLET ROSÉ Brut NV	14	80
RUINART BLANC DE BLANCS Brut NV		140

WHITE

	150ml	500ml	750ml
CA N'ESTRUC Xarel.lo Macabeo, Catalunya 18	5	14	20
CEPELL ECOLÒGIC Macabeo Viognier, Penedès - Eco, Bio 18			21
CHENIN BLANC VIOGNIER Percheron, Sth África 18			24
ABADÍA DE SAN CAMPIO Albariño, Rías Baixas 19	6	17	25
CASTELL DEL GÒTIM Macabeo Sauvignon, Costers del Segre 18			25
GREGAL D'ESPIELLS, Muscat, Gewürztraminer 18			26
MALVARELLO Malvasia Xarel.lo, Penedès 19			26
COLLEVENTO Sauvignon Blanc delle Venezie, Italy 18	6.5	18	27
PAZO DE MONTERREY Godello, Monterrei 18			27
MAS D'EN POL Garnatxa Chardonnay, Terra Alta 18	7	20	28
NAIA Verdejo, Rueda 18	7	20	28
MÉS QUE PARAULES Sauvignon blanc, Picapoll, Pla de Bages 18			31
HACIENDA EL TERNERO Viura Barrica, Rioja 16	8	22	32
AVI TON ECOLÒGIC Xarel.lo, Penedès - Eco, Bio 17			35
MÂCON-VILLAGES Joseph Drouhin, Burgundy, France 18			35
SIN PALABRAS Albariño, Rías Baixas 18			36
FINCA LA COLINA Sauvignon Blanc, Rueda 18			39
DIDO "LA UNIVERSAL" Garnatxa, Montsant - Eco 18			45
TE MATA ESTATE Sauvignon Blanc, New Zealand 18			48
NELIN DE CLOS MOGADOR Garnatxa Viognier, Priorat 17			65

RED

	150ml	500ml	750ml
CA N'ESTRUC Garnatxa Syrah, Catalunya 18	5	14	20
ITYNERA 'Barrique', Montepulciano d'Abruzzo, Italy 17			25
VIÑA DE MOYA Mencía, Bierzo 18			25
PETIT BERNAT 'Syrah Picapoll Sumoll, Pla de Bages - Bio 18			26
MAS DONIS Garnatxa Syrah, Montsant 18	6.5	18	27
12 @ Trepà, Conca de Barberà - Eco 17	7	20	28
TOSSUDES 'Garnatxa Monastrell, Catalunya - Eco 18			28
LA CELESTINA Tinta Fina, Ribera del Duero 16			30
HACIENDA EL TERNERO Crianza, Rioja 15	8	22	32
MAS D'EN POL Garnatxa Cabernet, Terra Alta 16	8	22	32
HITO Tinta Fina, Ribera del Duero 18			34
MALBEC 'Centenario Reserva', Graffigna, Mendoza, Argentina 16			34
NALTRES Garnatxa Cabernet Syrah, Costers del Segre - Eco 14			35
CAL PLA CRIANÇA Garnatxa Carinyena, Priorat 16	9	26	38
CORTIJO LOS AGUILARES Tempranillo Garnatxa Syrah, Sierras de Málaga 17			40
CELLER LAURONA Garnatxa Carinyena, Montsant 10			48
PERINET MERIT Merlot Garnatxa Syrah, Priorat 16			55
BASSUS Pinot Noir, Utiel-Requena 17			58
MARTINET BRU Garnatxa, Priorat - Eco 18			65
PINOT NOIR Newton Johnson, Walker Bay, Sth Africa 16			65

ROSÉ

	150ml	500ml	750ml
CA N'ESTRUC Garnatxa Negra, Catalunya 18	5	14	20
LADY A Provence IGP, France 18	8,5	25	36
MINUTY M Côtes de Provence 18			48
LADY A Provence IGP, France 16 (1500 ml)			74

DESSERTS

LEMON POSSET	7
CHOCOLATE POT, coconut pb	7
BANOFFEE PIE, toffee cream	8
CHEESECAKE, berries, mint	8
FRUIT PLATE, coconut sorbet pb	8
SALTED CARAMEL TART	8

ICE CREAM & SORBET

3 per scoop

CHOCOLATE | VANILLA | CARAMEL | COCONUT pb
MANGO | LEMON | TANGERINE

SWEET WINES

75ml

CRISTALÍ, Moscatel, Alicante 15	5
MOLINO REAL, Moscatel, Málaga 12	6
PEDRO XIMÉNEZ, San Emilio, Jerez RVA	7
MATARÓ, Mataró, Alta Alella 12	8
TOKAJI 5, Chateau Dereszla, Hungría 09	10

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