

Rise & Shine *Served until 11am*

Proper porridge	
With cinnamon and honey V	£3.00
With berry compote and seeds V	£3.50
Granola with Greek yoghurt, fruit compote and banana V	£4.00
Brew bacon sarnie	£3.50
With butter, tomato & sweet chilli chutney	
Fresh seasonal fruit salad VE	£3.50

Daily Bread

Sourdough toast	£3.00
With your choice of: butter V , marmite VE , nutella V , marmalade VE or jam VE	
BLT ciabatta with tomato & sweet chilli chutney	£5.50
Smashed avocado on toast	£6.00
Avocado on sourdough with roasted cherry tomatoes VE	
French toast with Greek yoghurt	£6.00
With cinnamon sugar, berry compote and pistachio V	
Creamy garlic mushrooms on toast V	£7.00
Goat's cheese and pear ciabatta	£7.50
Served warm with beetroot houmous V	

Bowls

Soup - Ask us for our seasonal soup of the day	£4.75
Curry or tagine - Ask us for our daily special	£9.00
Buddah bowl	£8.25
Saffron bulgar wheat, Jerusalem artichokes, sweet potato, Shirazi salad and parsley dressing VE	

From the Counter

Salads and sandwiches Please see our counter display and check our specials on the wall for our daily selection of salads, sandwiches and toasties.

Pancakes *Flipped and tossed to perfection*

Nutella, banana and choc chips V	£5.50
Fruit, yoghurt and maple syrup V	£5.50
With bacon and maple syrup	£6.50

A Good Egg

Poached eggs on toast V	£5.00
Eggs benedict With hollandaise sauce on an English muffin	
With ham	£7.00
With smoked salmon	£8.50
With spinach and mushroom V	£7.00
Turkish Eggs V	£8.50
Poached eggs on Greek yoghurt topped with spiced garlic butter, dill and dukkah. With sourdough toast	
Houmous eggs V	£8.00
Poached eggs and beetroot houmous on sourdough toast with mushroom, asparagus, cherry tomatoes, spinach and pesto. Ask for gluten free toast GF	
Vegan English breakfast	£10.00
Scrambled tofu, pickled cabbage, tomato, portobello mushroom, avocado salad and sourdough toast VE	
Vegetarian English breakfast	£10.00
Poached eggs with halloumi, tomato, portobello mushroom, avocado salad and sourdough toast V	
Full English breakfast	£10.00
Poached eggs with crispy bacon, tomato, portobello mushroom, avocado salad and sourdough toast	

Something Extra

Smoked salmon	£3.00	Mushroom	£2.00
Crispy bacon	£2.00	Avocado	£2.00
2 poached eggs	£2.00	Sourdough toast	£1.50
Halloumi	£2.50	Gluten free toast	£1.50