


 ALL - DAY MENU

Matcha Chia Bowl 7.50 *V Nuts*
 chia, organic matcha with almond milk, strawberries, coconut shavings and Canadian maple syrup

Amaranth Porridge 8.00 *V GF Nuts*
 with coconut milk, fresh pear and strawberries with Canadian maple syrup
 Amaranth has similar consistency to Quinoa with far more protein than oats

House Seed Muesli 7.50
 with fresh berries and Greek yogurt

Toast & Premium Jam 4.50
 wholemeal sourdough toast, served with jams by London Borough Of Jam
 Blackberry & Cacao Nibs - Leafy Lemon & Madagascar Vanilla Beans - Rhubarb & Cardamom

BRUNCH

Seasonal Soup 6.50
 with wholemeal sourdough toast

Big Salad Bowl 11.00 *GF*
 quinoa, mixed leaves, orange, apple, pomegranate, toasted pumpkin and sunflower seeds
 Avocado *V* OR Tender Chicken Breast

Abundant Avocado on Toast 10.00 *V Nuts*
 avocado, on wholemeal sourdough with our delicious coriander, cashew & lime dressing

Eggs Poached in Rich Tomato Sauce 8.50
 2 eggs cooked in rich tomato, garlic and red onion sauce topped with mature cheddar
 basil cress and wholemeal sourdough toast

Banana Pancakes with Plum & Caramelised Banana 9.50 *V GF*
 with soy yogurt and Canadian maple syrup

Banana Pancakes with Bacon & Caramelised Banana 10.50 *GF*
 with Greek yogurt and Canadian maple syrup

Poached Eggs on Toast 7.00
 2 poached eggs on wholemeal sourdough

Wilted Kale, Poached Egg on Toast with Aged Feta Cheese 8.00
 topped with red amaranth cress

<i>Extra</i>	Scottish Smoked Salmon 5.00 British Smoked Crispy Bacon 4.00	Tender Chicken Breast 4.00	Poached Egg 2.50 Avocado 2.40
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SANDWICHES

Chicken Brioche Sandwich 7.50
 tender chicken breast, mayonnaise in beautifully soft and buttery traditional brioche

Bacon Brioche Sandwich 7.00
 British smoked crispy bacon in beautifully soft and buttery traditional brioche

Cheese & Pickle Sandwich 6.50
 extra mature cheddar, classic British pickles, watercress on wholemeal sourdough

Please let us know should you have any allergy or dietary requirements
GF Gluten Free *V* Vegan *Nuts* Contains Nuts

Kitchen closes at 16.00