

# TAB LUB

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## Matcha Chia Bowl 7.50 *V Nuts*

chia, organic matcha with almond milk, strawberries, coconut chips and Canadian maple syrup

## House Nut Granola with Greek Yogurt & Berries

oats, pecan, sunflower and pumpkin seeds, coconut chips, cinnamon and Honey **7.50** *Nuts*

nut- free granola with Soy yogurt and Canadian maple syrup **7.50** *V*

## Amaranth Porridge 8.00 *V GF Nuts*

with hazelnuts, coconut milk, strawberries, blueberry compote and Canadian maple syrup

Amaranth has similar consistency to Quinoa and is packed with protein

## Toast & Premium Jam 4.50

wholemeal sourdough toast served with jams by London Borough Of Jam

Blackberry & Bay leaf – Seville Orange & Camomile marmalade – Raspberry & Hibiscus

**GF Toast +£1.00**

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## Seasonal Soup 7.00

with wholemeal sourdough toast

**GF Toast +£1.00**

## Big Salad Bowl 11.00 *GF*

quinoa, mixed leaves, orange, apple, pomegranate seeds, toasted pumpkin and sunflower seeds

Avocado *V* OR Tender Chicken Breast

## Abundant Avocado on Toast 11.00 *V Nuts*

avocado on wholemeal sourdough with our delicious coriander, almond milk, cashew and lime dressing

**GF Toast +£1.00**

## Banana Pancakes with Rhubarb, Strawberries & Banana

with Soy yogurt and Canadian maple syrup **10.00** *V GF*

with Bacon, Greek yogurt and Canadian maple syrup **13.00** *GF*

## Scrambled Eggs with Black Truffle Oil, Asparagus & Toast 9.50

**GF Toast +£1.00**

## Spring Salad & Poached Egg on Toast with Aged Feta 8.50

broad beans, cucumber, fennel, mint, parsley and lemon zest

**GF Toast +£1.00**

## Poached Eggs on Toast 7.00

2 poached eggs on wholemeal sourdough

**GF Toast +£1.00**

*Extra*

Avocado 2.50

Poached Egg 2.50

Scottish Smoked Salmon 5.00

British Smoked Crispy Bacon 4.00

Tender Chicken Breast 4.00

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*GF* Gluten Free *V* Vegan *Nuts* Contains Nuts

KITCHEN CLOSSES

MON - FRI at 3PM

SAT- SUN at 4PM