

	—BAK	ERY———	
Sourdough toast, butter,jam or marmalade			3
Homemade pastries, muffins			3
	— <b>BO</b>	WLS —	
Granola, seasonal fruit, yoghurt or choice of milk			5
5 Grain porridge, seeds, seasonal fruit			5
Seasonal fruit, yoghurt, vanilla, mint			5
	— PLA	TES	
Eggs any style, sourdough			6
Pancakes, maple syrup, seasonal fruit			7
Avocado, eggs, chilli, basil, sourdough			8
Baked eggs, spinach, mushroom, tomato, sourdough			8
Fritter, corn, quinoa, mushroom, tomato, avocado			8
Egg whites, broccoli, quinoa, tomato, feta			8
Hash, spiced pork, potatoes, onions, fried eggs, beans			9
Smoked salmon, scrambled eggs, chives, sourdough			
Full English breakfast Bacon, sausage, eggs any style, tomato, mushroom, beans, sourdough			10
	— SII	DES —	
Roast tomato	3	Bacon	3
Portobello Mushroom	3	Avocado	4
Baked beans	3	Smoked Salmon	4
Sausage	3		
———— Choice of	milk: cov	w's, almond, soya ———	



# COCKTAILS

Belini 7 Prosecco, white peach puree Bloody Marry 7 Finladia, tomato juice, spice mix

## **HOUSE PRESS**

All at 4.5

### Green

Kale, cucumber, lemon, spinach, parsley, ginger, apple, pinapple

### Hard Green

Broccoli, cucumber, celery, lemon, spinach, parsley, ginger

### Red

Beetroot, carrot, orange, apple, lemon, ginger, pineapple

#### Citrus

Grapefruit, orange, tumeric, cayenne pepper

## TEA & COFFEE

Earl grey	2.5
English breakfast tea	2.5
Green	2.5
Fresh mint	2.5
Camomile	
Espresso	2.5
Macchiato	2.5
Americano	2.5
Latte	2.5
Flat white	2.5
Cappucino	2.5
Machta latte	3
Tumeric latte	3

## **BOTANICALS**

All at 4.5

### Energy

Orange, mango, passion fruit, ginger, lime, cacao, maca

### Refresh

Coconut water, honeydew, melon, lime, vanilla, camomile

#### Glow

Pomegranate, red grape, guava, ginger, lime, rose, collagen

#### Watermelon

Watermelon, ginger, lime, thai basil

# **SHAKES & JUICES**

Orange	3
Grapefruit	3
Apple	3
Pear	3
Cranberry	3
Tomato	3
Matcha shake	5
Moccha shake	5