

B R E A K F A S T

PORRIDGE honey v	7
FRUIT PLATE	8
YOGHURT natural or coconut pb, granola, berries	9
ACAI BOWL goji berries, coconut pb	10

E G G S

EGGS ANY STYLE toast v	8
OMELETTE spinach, feta, mushroom v	9
BAKED EGGS tomato, chickpeas v	10
AVOCADO ON TOAST chilli v	12 add poached egg +2
SMOKED SALMON scrambled eggs, sourdough	12
EGGS FLORENTINE v BENEDICT ROYALE	13 14 15
VEGETARIAN BREAKFAST	14
eggs, feta, crispy ratte potatoes, kale, mushroom, roast tomato, baked beans, toast v	
HALF FULL ENGLISH BREAKFAST	10 15
eggs, sausage, bacon, baked beans, black pudding, roast tomato, mushroom	

B R E A K F A S T B A P S

AVOCADO egg v	7
SAUSAGE or BACON egg	7
SMOKED SALMON egg, cream cheese	8

S I D E S

BAKED BEANS HASH BROWN BLACK PUDDING	3
TOAST MUSHROOM ROAST TOMATO	4
SMOKED SALMON AVOCADO SPINACH BACON SAUSAGE	5

P A S T R I E S

CROISSANT CRUMPETS ENGLISH MUFFIN PAIN AU CHOCOLAT PAIN AUX RAISINS	all 3
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PRESS JUICE Cold Pressed Juice all 6

- GREEN cucumber, apple, celery, spinach, romaine, kale, lemon
- HARD GREEN cucumber, lemon, celery, ginger, kale, romaine, spinach
- GINGER apple, lemon, ginger
- BERRY strawberry, lemon, apple, mint
- CITRUS orange, lemon, tangerine, grapefruit, turmeric, cayenne, black pepper

SMOOTHIES all 7.5

- 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 & ACAI blackberries, cherries, raspberries, acai, goji berries, banana, beetroot, coconut

FRESHLY SQUEEZED all 4

- ORANGE | GRAPEFRUIT | APPLE | CARROT

TRIP CBD 250ml lightly sparkling all 6.5

- LEMON & BASIL | ELDERFLOWER & MINT | PEACH & GINGER

COFFEE

- HOUSE ESPRESSO by Grind, Shoreditch, London 3
- MATCHA LATTE 4
- COLD BREW by Bottleshot Cold Brew BLACK | OAT 4
- FILTER or BREW FOR TWO by Grind, Shoreditch, London 3.5 | 5

TEA all 3.5

- ENGLISH BREAKFAST | EARL GREY | PEPPERMINT | FRESH MINT
- CHAMOMILE | GREEN | JASMINE | RED BERRY & HIBISCUS | ROOIBOS
- MILK ALTERNATIVES oat | soya | coconut