

SERVED UNTIL 3PM

### ON TOAST

#### **Toast £3.75 \*\***

Two slices of either Sourdough or Granary toast, with butter and your choice of Jam, marmalade or peanut butter

#### **Poached Eggs £6.05 \***

Two poached eggs on two slices of toast (choose from Sourdough or granary), topped with rocket

#### **Smashed Avocado £7.95 \*\***

Smashed avocado on two slices of toast (choose from Sourdough or granary), topped with mixed leaves, and balsamic glaze

#### **Avocado, spinach & sundried tomatoes £9.05 \*\***

Smashed avocado, wilted spinach and sundried tomato on toast (sourdough or granary). Topped with mixed leaves and balsamic glaze

#### **Eggs Benedict £8.90 \***

Your choice of bacon or ham, on two slices of toast (sourdough or granary), with 2 poached eggs, topped with hollandaise sauce and finished with rocket

#### **Eggs Royal £9.75 \***

Smoked salmon, on two slices of toast (sourdough or granary), with 2 poached eggs, topped with hollandaise sauce and finished with rocket

#### **Eggs Florentine £8.50 \***

Wilted spinach, on two slices of toast (sourdough or granary), with 2 poached eggs, topped with hollandaise sauce and finished with rocket

#### **Smoked salmon and cream cheese £8.50 \***

Two slices of toast (sourdough or granary), with cream cheese, topped with smoked salmon and finished with rocket and a slice of lemon

#### **Homemade smoked beans on sourdough £6.75**

Cooked in a tomato sauce, flavoured with smoked paprika and garlic, topped with rocket

### FILLED ROLLS

White or Granary. Served with a small side salad & balsamic dressing. Gluten free bread available \*

#### **Cheese and red onion marmalade £6.15**

#### **Tuna Mayo £6.15**

Tuna chunks mixed with mayonnaise, red onion and lemon juice, topped with rocket

#### **Ham and sweet chilli jam £6.15**

Butcher's ham, stokes sweet chilli jam & rocket

#### **Falafel, houmous and spinach £6.35 \***

Sweet potato falafels, houmous and baby spinach

#### **Bacon Roll £5.95**

### FROM THE GRIDDLE

#### **Pancakes £7.90 \***

A stack of 3 pancakes, topped with crème fraiche and mixed berries. Drizzled in maple syrup. Served with half a grilled banana and dusted with icing sugar

#### **Sourdough French toast £8.25 \***

2 slices of sourdough, dipped in a mixture of eggs, cream, cinnamon and sugar and grilled. Topped with crème fraiche and mixed berries. Drizzled in maple syrup. Served with half a grilled banana and dusted with icing sugar

#### **Sourdough Eggy Bread £8.25 \***

2 slices of sourdough, dipped in a savoury egg mix and grilled. Served with 3 rashers of bacon, topped with rocket and balsamic glaze

### BAGUETTE TOASTIES

Served with a small side salad & balsamic dressing. Gluten free bread available \*

#### **Cheese & red onion £7.05**

#### **Ham & Cheese £7.05**

#### **Brie, bacon & cranberry £8.75**

2 rashers of bacon, sliced brie and cranberry sauce

#### **Pesto, spinach, sundried tomato & vegan cheese £8.75 \***

If you would like to swap to dairy cheese, just ask

#### **Tuna Melt £8.05**

Tuna chunks mixed with mayonnaise, red onion and lemon juice, topped with cheese

### SALADS

#### **Falafel Salad bowl £9.25 \*\***

Sweet potato falafels on a bed of mixed leaves, cucumber, red onion and tomatoes. Served with avocado, houmous, sweet chilli jam and balsamic glaze

#### **SOUP- £6.50**

Please ask for Today's Flavour

### EXTRAS

#### **Halloumi £2.90**

#### **Smoked Salmon £2.90**

#### **Bacon (2) £2.20**

#### **Avocado (1/2) £2.75**

#### **Spinach £1.75**

#### **Poached Egg £1.50**

Please speak to a member of staff if you have any food allergies or intolerances. \* Gluten free option available \* Vegan option