

## breakfasts

<b>the english</b>	<b>12.5</b>
suffolk bacon, two sussex 'porky blinder' sausages, fried egg on toast, house baked beans, roasted tomato & parsley butter mushroom	
<b>the veggie</b>	<b>12.5</b>
veggie sausage, smashed avocado, fried egg on toast, house baked beans, roasted tomatoes & parsley butter mushroom	
<b>the vegan</b>	<b>12.5</b>
house beans on toast, two vegan sausages, roasted mushroom in parsley vegan butter, roasted tomato & smashed avocado	
<b>the big breakfast</b>	<b>14.95</b>
four rashers of suffolk bacon, two sussex 'porky blinder' sausages, two fried eggs on toast, house baked beans, roasted tomato & two parsley butter mushrooms	

## on toast

served on locally baked brown sourdough

<b>mini english</b>	<b>9</b>
sussex bacon, fried egg, chorizo crumb & house baked beans	
<b>veggie mini english</b>	<b>9</b>
veggie sausage, fried egg & house baked beans	
<b>mini vegan english (v)</b>	<b>9</b>
smashed avocado, roasted flat mushrooms and roasted tomato	
<b>fried eggs</b>	<b>6</b>
two fried eggs - (why not spice it up with kimchi for just £2)	
<b>house baked beans (v)</b>	<b>6</b>
slow cooked in our homemade mediterranean sauce	
<b>bacon</b>	<b>8</b>
locally sourced suffolk bacon with chorizo crumb	
<b>mushrooms (v)</b>	<b>7.5</b>
roasted flat mushrooms cooked in parsley vegan butter	
<b>smashed avocado (v)</b>	<b>7</b>
avocado, parsley, lemon with a hint of chilli	

### **why not add any of the following to your order**

sussex cheddar 2, vegan cheddar 2.5, bacon 2, sausage 2.5, vegan sausage 2.5, beans 2, fried egg 2, homemade vegan kimchi 2.5, smashed avocado 3, tomato 2, mushroom 2

## pancakes

<b>the american</b>	<b>9.95</b>
a stateside classic - fluffy pancakes, crispy bacon, a 'sunny side up' fried egg, chorizo crumb & sweet maple syrup	
<b>the kemptown</b>	<b>9.95</b>
creamy, tangy and delicious this stack of fluffy pancakes comes with smashed avocado, homemade vegan kimchi, chimichurri sauce and a fried egg - this is bohemian veggie heaven	
<b>the metrodeco</b>	<b>9.95</b>
fluffy pancakes with fresh strawberries, elderflower clotted cream, jam and maple syrup, the perfect mix of cream tea and brunch	
<b>the banana shack</b>	<b>9.95</b>
fluffy pancakes with banana, nutella, golden syrup, cream and belgian chocolate sauce topped with a cookie crumb	

## something lighter

<b>granola (v)</b>	<b>6.5</b>
toasted oats mixed with nuts & berries, topped with coconut yoghurt and maple syrup	
<b>chocolate and banana granola</b>	<b>6.95</b>
toasted oats mixed with nuts and dark chocolate chips, topped with coconut yoghurt and banana	

**{order any menu item and get a coffee\* or tea\* for just £1.50}**

### **\*flat white, cappuccino, latte, americano and breakfast tea**

- a 10% discretionary service charge will be added to your bill - 100% goes to our amazing staff
- sorry no subs allowed on our dishes!
- all dishes containing bread are made with brown sourdough. gluten free bread is available. please ask your server
- we run an open kitchen so may not be able to guarantee certain ingredients are not present in our dishes.

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our lovely space is available for private hire. please ask a member of staff for more details or send us an email