



BREAKFAST

"Breakfast is everything. The beginning, the first thing. It is the mouthful that is the commitment to a new day."

A. A. Gill

FROM 9AM TO 11:30AM, EVERY WEEKEND

EGGS BENEDICT	£7.50
Poached eggs with bacon, Hollandaise sauce on toasted English muffin	
EGGS FLORENTINE	£6.95
Poached eggs with spinach, Hollandaise sauce on toasted English muffin	
PORRIDGE	£4.95
With honey. The slow-release energy and low G.I. makes this the ultimate super-food breakfast	
WAFFLE	£6.50
Mixed fresh berries, maple syrup, lemon mascarpone	
GRANOLA	£6.50
Greek style yoghurt, fresh papaya, grapefruit, pomegranate and banana	
HOUSE CURED SALMON & SCRAMBLED EGGS	£7.25
On toasted sourdough	
BREAKFAST GRILL	£9.95
Bacon, sausage, tomato, hash brown, sourdough toast and eggs as you like!	
AVOCADO & POACHED EGGS	£6.95
On toasted sourdough	

TEA

With over 165million cups of tea a day drunk in Britain, we have found a tea provider who works tirelessly to deliver amazing flavours, from ethical and sustainable sources around the world and supplied in bio-degradable pyramid mesh woven tea bags.

We serve Tea in a pot as it should be!

ENGLISH BREAKFAST	£2.50	ORGANIC JASMINE	£2.65
SAPPHIRE EARL GREY	£2.50	EGYPTIAN MINT	£2.65
FRESH MINT TEA	£2.65	CITRUS CHAMOMILE	£2.65
SPICED CHAI	£2.65	WILD ENCOUNTER	£2.65
DRAGONWELL GREEN	£2.65		

COFFEE

Coffee is the second most traded commodity in the world, second only to crude oil! With that in mind we wanted to find a bean that delivered an amazing espresso but at the same time ensured that it was **Rainforest Alliance Certified**. This means our 100% Arabica beans, that come from Fortaleza in Brazil, are farmed to conserve wildlife, safeguard soils and waterways, and protect workers, their families and local communities. We are proud to be involved, we hope you enjoy your coffee.



ESPRESSO	£2.10	LATTE	£2.65
DOUBLE ESPRESSO	£2.60	FLAT WHITE	£2.60
MACCHIATO	£2.35	AMERICANO	£2.10
CAPPUCCINO	£2.60	HOT CHOCOLATE	£3.50
		with cream and marshmallows	

SIGNATURE JUICES

ENERGISING	£3.75	AVOCADO SHAKE	£3.95
Grapefruit, green apple, ginger		Avocado, banana, almond milk, vanilla	
GREEN MACHINE	£3.75	BERRY BLAST	£3.75
Green apple, lime, mint, spinach, apple juice		Blueberries, raspberries, strawberries and almond milk	

FRESH JUICES	ORANGE, APPLE, GRAPEFRUIT	£3.00
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MINERAL WATER

In developing countries over 748 Million people still cannot access clean water. By choosing BELU water, not only will you enjoy a quality British spring water, but with all profits going to Water Aid, you will also help save and change the lives of millions.

BELU, STILL / SPARKLING	SMALL, £2.00	LARGE, £4.00
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