



# BREAKFAST

SAMPLE MENU  
7:30AM - 11:30AM

## **Pastry**

Croissant	2.3
Almond croissant	2.5
Cumberland sausage & Cheddar croissant	3.5
Pain au chocolat	2.6
Pecan Tartlette	3.4
Apricot cake	2.8
Bakewell tart	2.4
Chocolate cake	2.8
Honey pecan banana cake	2.8
Lemon poppy seed cake	2.8
Blueberry crumble cake	2.8

## **Morning Delight**

Sourdough, apricot jam and orange marmalade	3
Homemade granola, Greek yoghurt & berries	4.5
Rolled-oat porridge, banana, cinnamon & pecans	3.6
Avocado, Maldon-cured Scottish smoked salmon on sourdough	3.8
Soy chia pot, blackberry compote, pistachios	4.2
Vanilla cashew pot, raspberry compote, poppy seeds	4.2

Please inform our staff if you have any dietary or allergen requirements.

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SAMPLE MENU  
7:30AM - 11:30AM

## Free Range Eggs

*from St. Ewe, Cornwall*

Bacon, red onion marmalade and Brie frittata	3.6
Spinach, mature Cheddar & egg flatbread	4.5
Avocado, mature Cheddar & egg flatbread	4.5
Avocado & egg on sourdough	3.6
Egg muffin, chorizo, smoked Cheddar and chive	4.5
Scrambled eggs on sourdough	4.5
Avocado 2 / Mushroom 2 / Bacon 2 / Salmon 3	
Omelette	4.5
Avocado 2 / Mushroom 2 / Bacon 2 / Salmon 3	

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<b>Freshly squeezed juices</b>		5
Orange		
Carrot, apple & ginger		
Spinach, kale, pear & mint		
Golden beetroot, orange & pear		
<b>Smoothies</b>		5
Kale, blueberry, spirulina, almond milk		
Almond milk, banana, chocolate, cinnamon		
Banana, peanut, honey, soy milk		
<b>Homemade iced tea</b>		2.7
Classic iced tea / green iced tea		
<b>Still / sparkling water</b>		1.6
<b>Jax Coco Coconut water</b>		2.75
<b>Coffee</b> <i>by Reads Coffee</i>	<i>Regular</i>	<i>Large</i>
Espresso	2.3	2.6
Americano	2.3	2.6
Cappuccino / Latte	3.2	3.6
<i>Oat, soy, almond or coconut milk 30p</i>		
<b>Morning proof</b>		5
Coconut oil, grass-fed butter & coffee		
<b>Tea</b> <i>by Canton Tea</i>		2.2
English breakfast / earl grey / green		
Jasmine / peppermint / camomile / chai		
<b>Hot chocolate</b> <i>by Rococo</i>	<i>Regular</i>	<i>Large</i>
Plain organic	3.2	3.6
<i>Oat, soy, almond or coconut milk 30p</i>		

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## LUNCH

SAMPLE MENU  
MIDDAY - 3:30PM

	<i>In / Out</i>
Daily soup, sourdough toast	5.4 / 4.5
Seasonal salads	7.2 / 6
add Corn-fed chicken / Scottish salmon	3.6 / 3
Ham hock, smoked Cheddar, red onion marmalade	7.1 / 6
Corn-fed chicken, avocado & beef tomato ciabatta	6.6 / 5.5
Corn-fed chicken BLT spinach wrap	4.2 / 3.5
Tarragon sausage roll	3.6 / 3
Seasonal vegetarian quiche or frittata	3.6 / 3

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<b>Friehly squeezed juices</b>	5
Orange	
Carrot, apple & ginger	
Spinach, kale, pear & mint	
Golden beetroot, orange & pear	
<b>Smoothies</b>	5
Kale, blueberry, spirulina, almond milk	
Almond milk, banana, chocolate, cinnamon	
Banana, peanut, honey, soy milk	
<b>Homemade iced tea</b>	2.7
Classic iced tea / green iced tea	
<b>Still / sparkling water</b>	1.6
<b>Jax Coco Coconut water</b>	2.75
<b>Luscombe Sicilian Lemonade / Wild Elderflower</b>	2
<b>San Pellegrino Aranciata / Limonata</b>	2
<b>House Wines <i>by the glass</i></b>	
White - Vermentino, Château Fontainebleau, Provence	5
Rosé - 2016 Cinsault, Château Fontainebleau, Provence	7
Red - 2016 Grenache - Cab., "Cascade", Fontainebleau, Provence	5
<b>Bottled Beer</b>	4
360° Brewing, Pilsner	
Peroni, "Piccola", Lager	
Crate, Pale Ale	
The Kernel, "Table Beer", Pale Ale	
Crate, Cider	

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