

# breakfast

## smoothies

yoghurt, berry  
& pollen defense 16  
*yoghurt, strawberry, raspberry  
blueberry, local bee pollen, honey*

fitness & protein 18  
*omega seed butter, raw almond milk  
wild blueberry, hemp chia, dates*

## pancakes & french toast

french toast 26  
*caramelised apple  
maple syrup*

buttermilk pancakes 24  
*mixed berries, banana  
maple syrup*

gluten free almond pancakes 22  
*house-made almond butter  
whipped banana cream*

## energising & fresh

market fruit plate 25

vanilla chia bowl 18  
*dates, cacao, brazil nut  
hemp seed, berries*

coconut yoghurt 15  
*coconut yoghurt, amaranth granola  
fresh fruit, fig and grape compote  
thai basil*

wild blueberry bowl 22  
*jungle peanut butter  
fresh & dried fruit*

steel cut irish oatmeal 13  
*banana, cinnamon, raisin*

avocado toast 21  
*sunflower seed, lime, chili flakes  
add poached eggs 8  
add smoked salmon 12*

## house baked breads & muffin

toast 7  
*white, 7 grain, sourdough, rye  
english muffin*

vegan blueberry matcha muffin 7

## viennoiserie by cedric grolet

croissant, pain suisse 8  
hazelnut flan or pain au chocolat

## english breakfast

full english breakfast 32  
*grilled mushroom, baked beans  
crispy potatoes, cherry tomato  
bacon, sausage, black pudding  
choice of toast  
freshly squeezed orange juice  
coffee or tea*

## continental breakfast

house baked pastries 22  
*freshly squeezed orange juice  
coffee or tea*

sides 8

free range chicken sausage

pork & herb sausage

smoked bacon

baked beans

roasted mushrooms

ham

cherry tomato

smoked salmon 14

## cacklebean farm eggs

eggs in any style 16  
*crispy potatoes, cherry tomato  
choice of toast*

whole egg  
or egg white omelette 24  
*choice of smoked salmon, tomato  
spinach, onions, peppers, mushroom  
cheddar cheese, mozzarella or  
goat cheese, choice of toast*

softly scrambled eggs 24  
*aged cheddar cheese, broccoli  
dill, choice of toast*

dosa 22  
*egg, sambal, cheddar cheese  
dill, mint*

egg sandwich 24  
*brioche bun, bacon, cheddar cheese*

eggs benedict 26  
*suffolk ham, english muffin*

eggs florentine 26  
*sauted spinach, english muffin*

eggs royal 34  
*smoked salmon, english muffin*

# drinks

## juices

**green juice** 15  
*ginger, spinach, granny smith apple  
cucumber, lemon, curly kale*

**ruby red** 15  
*carrot, beet, lemon, ginger, orange*

**turmeric tonic** 14  
*lime, lemon, honey*

**orange juice** 14

**grapefruit juice** 14

**apple** 14

others available upon request

## coffee

responsibly sourced, carbon negative  
organic coffee roasted in london  
by kiss the hippo

*americano*

*cappuccino*

*flat white*

*latte*

*mocha*

*chai latte*

*matcha latte*

*cortado*

*single espresso*

*double espresso*

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## tea

ethically sourced teas & herbals  
hand crafted in bristol by canton

*english breakfast*

*earl grey*

*jade tips green*

*moroccan mint*

*jasmine silver needle*

*botanical calm*

*matcha tea*

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