

NUTRIENT-BOOSTING BREAKFASTS

Monday to Sunday 6:30 am to 10.30 am
Saturday, Sunday & Bank Holiday 7:30 am to 11.00am

Eggs

- Sliced avocado, fried egg on toast drizzled with olive oil
- Scrambled egg on toast with shaved honey roast ham
- Eggs benedict with smoked salmon or with parma ham

Salads

- Baby mixed leaves, cherry tomato and poached egg salad
- Quinoa salad with dry fruit and avocado
- Baby vegetable salad with roasted chicken supreme
- Mixed sprout salad with lemon and honey dressing

Energy boosters £3.50 for 225 ml

- Carrot and ginger juice
- Celery, apple and lemon juice
- Apple and pear juice
- Beetroot and orange juice

Smoothies £4.95

- Red velvet (almond milk, boiled beetroot, grape fruit and chia seeds)
- Pear and berry (ripe pear, blackberry, maple syrup, ginger, almond milk)
- Mellow yellow (coconut milk, mango and banana)
- Lean green (cucumber, green apple, baby spinach and fresh mint)
- Grasshopper (avocado, honey, choice of milk with mixed nuts and topped with berries)

À la carte

- Baby mixed leaf salad with orange segments, pomegranate and sunflower seeds £4.50
- Quinoa salad with dried fruit and avocado £4.95
- Farm vegetables with grilled chicken supreme £5.50
- Mix sprout salad with French dressing £4.50
- Sliced avocado and poached eggs on toast drizzled with olive oil £5.95
**scrambled egg on toast with shaved ham*
- Tofu scrambled egg with granary toast £5.50
- Jacket potatoes with baked beans £4.95
- Overnight soaked chai pudding with grated apple and pomegranate £5.50

Little Extra's £3.50

- Spicy avocado on rye bread
- Crunchy granola pots with berry compote
- Baby spinach, pomegranate and boiled egg