

### TAKE OUT MENU

Please check availability of menu items before ordering.

Due to the current circumstances it is difficult for us to guarantee stock availability. Thank you for understanding.

### Brunch

afo, ve

# Breakfast

Granola bowl // 4.50

Homemade **granola** served with **almond** milk. Topped with blueberries, banana, chia seeds and lemon balm *gf, ve, nuts* 

## New!

Cherry bakewell oat porridge **5.25** 

Jumbo oats made with **almond** milk and maple syrup. Topped with a cherry compote, coconut sugar and flaked almonds *afo*, *ve*, *nuts* 

Choco nut smoothie bowl 6.50

Frozen banana, cocoa powder and **peanut butter.** Topped with frozen **raw bar** pieces, homemade **granola**, frozen raspberries, cacao nibs and lemon balm *gf, ve, nujts* 

Toast 2.50 Choice of sourdough, dark rye or gluten free bread with butter or vegan spread *afo*, *veo* 

Add jam, **peanut** butter or honey 0.50

**Toast with beans** 5.95 homemade mixed beans in a rich tomato sauce

**Bacon sarnie** 3.50 Buttered **sourdough** toast with crispy bacon and choice of tomato or brown sauce *qfo, dfo* 

**Toast with eggs** 5.50 Two free range **eggs** (poached, fried or scrambled), and watercress *gfo, veo* 

Avo toast 6.95
Toasted dark rye bread, two free range poached eggs\*, avocado smash and watercress *qfo, veo* 

\* substitute eggs with charred tomatoes and omega seeds for vegan alternative

Bacon & Egg 7.50
Two slices of sourdough toast, crispy bacon

Two slices of **sourdough** toast, crispy bacon, two fried free range **eggs**, grilled tomatoes and watercress gfo

#### Protein pancakes

6.75

Stacked high with **peanut** butter, banana, dark chocolate chips, maple syrup, blueberries and lemon balm *qf*, *ve*, *nuts* 

Corn fritters 8.00

With avocado smash, smoked bacon, two free range poached  ${\it eggs}$  and watercress  ${\it gf}$ 

#### Smoked salmon 6.95

Toasted **sourdough** bread, dill scrambled **eggs**, smoked **salmon**, shaved radish and watercress *gfo*, *dfo* 

#### Beet hummus

6.50

Toasted **rye** bread and beetroot **hummus** topped with sliced avocado, radish, spicy seeds and watercress *gfo*, *ve*, *sesame* 

Add any of the following to your breakfast

- 1.95 per item
- + two poached eggs
- + smoked salmon
- + crispy bacon

## Fancy a boost?

- + sliced avocado with omega seeds *gf, v*ol
- + two slices of toasted **rye or sourdough** bread with **butter** or vegan spread *gfo, veo* 1.95
- + **hummus** and spicy seeds (subject to availability) *gf, ve, nuts*

0.95

New! -

# Juices & Smoothies

Avo date with protein

3.75

1 scoop (33g) \*Ultra Protein chocolate protein powder, dates, avocado, frozen banana, pecans, \*\* ashwaqandha powder and almond milk gfo, ve

\*Ultra Protein chocolate protein powder is a high quality plant based protein blend. 1 scoop = 20.9g protein. \*\*Ashwagandha is a herb known as an adaptogen. It commonly helps reduce and regulate stress.

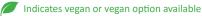
#### Berry oatsome

3.25

Frozen banana, jumbo oats, blueberries, oats, 1 scoop (15g) \*\*\**Ultra Daily mixed berry powder,* sunflower seeds and oat milk *gfo, ve* 

\*\*\*Ultra Daily mixed berry powder is a blend of 40 fruit and vegetable extract to give you a daily antioxidant hit equivalent to your 5 a day.

Ask about our take home meals



vegan (ve) - vegan option available (veo) - dairy free option available (dfo) gluten free (gf) - gluten free option available (gfo) - contains nuts (nuts)

All allergen items are in bold. For food allergy information please ask a member of staff. All our food is made in a small kitchen so we are unable to guarantee segregation of all allergens. Please let us know of any allergens at the time of ordering.