

FRESHLY SQUEEZED ORANGE JUICE - £4.50

LIGHT BREAKFAST

**COCONUT YOGHURT, WALNUTS, FRUIT
COMPÔTE, HONEY & HOMEMADE GRANOLA
CRUMB (VE) - £9.50**

**GREEK YOGHURT, DRIED FRUITS, ALMOND
BUTTER & HOMEMADE GRANOLA
CRUMB (V) - £9.50**

Go Vegan & Swap for Coconut Yoghurt (VE)

**OVERNIGHT OATS, OAT MILK, FRUITS,
CINNAMON & TOASTED SEEDS (VE) - £8.50**

TOASTED SOURDOUGH (V) - £4.50
With Butter and your choice of Marmite, Jam,
Honey, or Marmalade

CROISSANTS & PASTRIES (V) - £3.50

PANCAKES

STACKED AMERICAN PANCAKES

FRESH FRUITS & MAPLE SYRUP (V) - £10.50

STREAKY BACON & MAPLE SYRUP - £10.50



AVAILABLE 9:00 - 12:00
(UNTIL 11:00 ON SUNDAYS)

HEARTY BREAKFAST

FULL ENGLISH - £15.00

Butcher's Sausage, Streaky Bacon, 2 Fried Eggs,
Mushrooms, Baked Beans & Toasted Sourdough

FULL VEGETARIAN (V) - £14.50

Vegan Sausage, Halloumi, 2 Fried Eggs, Mushrooms,
Baked Beans & Toasted Sourdough

**SMOKED SALMON & SCRAMBLED EGGS ON
TOASTED SOURDOUGH - £12.50**

**GARLIC PORTOBELLO MUSHROOMS & POACHED
EGGS ON TOASTED SOURDOUGH (V) - £10.50**

**ZESTY CRUSHED PEAS & SOFT POACHED
EGGS ON TOASTED SOURDOUGH (V) - £10.50**
Our sustainable alternative to avocado - try it you'll love it

**POACHED EGGS ON TOASTED
SOURDOUGH (V) - £8.50**

BREAKFAST CIABATTA ROLL - £8.50

Choose from Bacon or Sausage

- Add a Fried Egg - £1.50

GLUTEN FREE BREAD AVAILABLE!

V - VEGETARIAN, VE - VEGAN, GF - GLUTEN FREE
FOR INFORMATION REGARDING ALLERGENS, PLEASE SPEAK TO A MEMBER OF STAFF
PLEASE NOTE WE ARE UNABLE TO ACCEPT PAYMENT BY CASH

SHOTS

GINGER IMMUNITY
TUMERIC DEFENCE
BERRY GUT HEALTH
ALL £4.00

SMOOTHIES

MANGO, PAPAYA & PINEAPPLE
Full of Antioxidants & Vitamin C, great for
Collagen Production
SPINACH, AVOCADO, APPLE AND SPIRULINA
Excellent for an Immunity Boost & fighting
Inflammation
**ACAI BERRIES, BLUEBERRIES, STRAWBERRIES
& MANGO**
Packed with Vitamin C & great for Digestion
STRAWBERRY & BANANA
A classic, healthy & tasty combination
ALL £6.50

TIPPLES

BUCKS FIZZ - £9.00
PEACH BELLINI - £9.00
PROSECCO - £9.00
BLOODY MARY - £10.50
VIRGIN MARY - £6.50

WARMERS

AMERICANO - £3.60
CAPPUCCINO - £3.90
LATTE - £3.90
FLAT WHITE - £3.90
ESPRESSO - single £2.90 • double £3.20
MOCHA - £4.00
CHAI LATTE - £3.60
MATCHA - £3.60
HOT CHOCOLATE - £3.50
DORSET TEA - £3.50 ask to see our selection