

## Pastries & toast

Croissant	£2.00
Pain au chocolat	£2.30
Almond Croissant /pain au raisin	£2.40
Toast with jam, marmalade, Marmite,	

**Organic Granola** with apple & peach compote & Greek yoghurt

**Organic porridge** with honey & toasted seeds

## All sorts of Eggs

<i>Eggs Benedict; poached eggs, ham &amp; hollandaise sauce</i>	£9.95
<i>Eggs Royale; smoked salmon &amp; hollandaise sauce</i>	£9.95
<i>Scrambled eggs &amp; smoked salmon on toast</i>	£8.95
<i>Fried eggs on toast with bacon &amp; tomato</i>	£8.95
<i>Boiled eggs x 2 with soldiers</i>	£5.95

We use freshly laid free range organic eggs from Rookery Farm in Sussex.  
Extras @ £3; egg, bacon, ham, crushed avocado, spinach, tomato & halloumi

## Plates

Spiced squash soup, toast	£6.95
Avocado on sourdough, pumpkin seed salad, poached egg	£8.95
Duck liver pate, salad, toast & chutney	£8.95
Bruschetta with tomato, buffalo mozzarella & rocket	£8.95
Homemade tortilla, salad & slaw	£8.95
Beetroot, squash & goat's cheese or, smoked salmon & dill tart, salad & slaw	£8.95
Warm falafel salad with tabbouleh, houmous & toast	£8.95
Wild mushroom & mozzarella ravioli with parmesan & rocket salad	£9.95

## B.L.T.

Classic BLT on granary toast with mayo £6.95

## Salads

<i>House mezze, 3 salads, houmous, olives &amp; toast</i>	£10.95
<i>Ploughman's lunch with British cheese, ham, apple, bread, homemade slaw &amp; piccalilli</i>	£10.95
<i>Halloumi salad with avocado, pomegranate &amp; toasted seeds</i>	
<i>Crispy bacon</i>	£3
	£10.95

## Drinks

<i>Espresso, Americano, macchiato</i>	£2.60
<i>Cappuccino, latte, flat white</i>	£3.10
<i>Mocha, hot choc</i>	£3.10
<i>Iced coffee</i>	£3.40
<i>Breakfast, Earl Grey</i>	£2.50
<i>Birchall's fruit &amp; herbal teas</i>	£2.90
<i>Orange or apple juice</i>	£2.65
<i>Bottled water</i>	£1.95
<i>Coke / Diet Coke</i>	£1.95
<i>San Pellegrino</i>	£2.45
<i>Whole Earth</i>	£2.95
<i>LA Kombucha</i>	£3.95
<i>House wine, glass</i>	£6.50
<i>Prosecco 200ml</i>	£6.50
<i>Canopy Beer. Lager / IPA</i>	£4.00
<b>Smoothies</b>	£4.50 / £4.00
<i>Blackberry, banana &amp; goji berry or, Apple, ginger, mint &amp; turmeric</i>	
<i>Homemade peach iced tea</i>	£3.00

## Today's special

Smoked salmon with potato salad, green leaves & pickles £10.95

**Are you allergic to something? Please tell us before you order.**

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