

# breakfast

## smoothies

**berry & pollen defense** 16  
*yoghurt, strawberry, raspberr  
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  
*cherries, toasted almonds  
clotted cream*

**buttermilk pancakes** 24  
*mixed berries, banana  
maple syrup*

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

## house-baked breads & muffins

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

**vegan blueberry matcha muffin** 7

## energising & fresh

**market fruit plate** 25

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

**coconut yoghurt bowl** 15  
*mixed berry compote  
annabels strawberries  
granola*

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

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

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

## viennoiserie

*croissant* 6  
*pain au chocolat* 6  
*almond croissant* 7

**seasonal viennoiserie basket** 26

## cacklebean farm eggs

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

**whole egg omelette**  
**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**  
*suffolk ham, english muffin* 26  
*florentine sautéed spinach* 26  
*royale smoked salmon* 34

## 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*

## sides

 8

*free range chicken sausage  
pork & herb sausage  
smoked bacon  
baked beans  
roasted mushrooms  
ham  
cherry tomato  
smokin' brothers smoked salmon* 14

# 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** 11

**grapefruit juice** 11

**apple** 11

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*

**8**

## 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*

**8**

due to the presence of allergens in our kitchen, we unfortunately cannot guarantee any menu item will be completely free from a particular allergen. all prices are inclusive of vat at the current rate. a discretionary service charge of 15% will be added to your bill.