

breakfast

smoothies

berry & pollen defense 16
yoghurt, strawberry, raspberry
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
strawberry, vanilla
maple syrup

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

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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

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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.