



Food

HOMEMADE GRANOLA ON LIVE YOGHURT & AMARANTH	6.95
PEANUT BUTTER GRANOLA WITH FIGS AND HAZELNUTS *GF *VE	
TAHINI GRANOLA WITH DATES AND PUMPKIN SEEDS *GF	
ADD PEANUT BUTTER/ ALMOND BUTTER	1.2
THREE GRAIN PORRIDGE WITH CHIA SEEDS, BANANA & DATES	6.50
ADD PEANUT BUTTER/ ALMOND BUTTER/ TAHINI/ PUMPKIN SEEDS	1.2
ALTERNATIVE MILK	0.5
INDONESIAN BLACK GLUTINOUS RICE PORRIDGE WITH COCONUT MILK *GF *VE	6.90
ACAI BOWL WITH AMARANTH AND SEASONAL FRUIT *GF *VE	6.50
ADD CHIA SEEDS/ HOMEMADE GRANOLA	1.2/2
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PANCAKES *GF	
TICKLED PINK: NATURALLY COLOURED WITH ORGANIC BEETROOT, SERVED WITH MAPLE SYRUP	8.95
GREEN ENVY: MADE WITH SPINACH, SERVED WITH A SUNNY SIDE UP AND DRIZZLED WITH LOCAL HOMEWRECKER CHEESE SAUCE	11
BELGIAN WAFFLES WITH RASPBERRY COULIS & LIVE YOGHURT	8.95
SOURDOUGH TOAST	
WITH BUTTER/ VEGAN BUTTER	3.60
TAHINI, BANANA, DATES & PUMPKIN SEEDS, HONEY *VE	6.90
NATURAL PEANUT BUTTER, GRILLED BANANA, BELGIAN CHOCOLATE AND CRUSHED PEANUTS *VE	8
*GLUTEN FREE BREAD	1

SOME OF OUR FOOD CONTAIN ALLERGENS. DESPITE OUR BEST EFFORTS, DUE TO OUR KITCHEN ENVIRONMENT, THERE IS A RISK THAT TRACES OF THESE MAY BE IN OTHER ITEMS THAT WE MAKE. PLEASE SPEAK TO A MEMEBR OF STAFF FOR MORE INFO.

FUL	9.75
SPICED FAVA BEANS WITH OLIVES, HARD BOILED EGG, WHOLEMEAL PITA, TOMATO AND CUCUMBER	
ADD AVOCADO/ SMOKED SALMON	2/2.75
SCRAMBLED EGGS ON SOURDOUGH	8.90
ADD AVOCADO/ SMOKED SALMON	2/2.75
OMELETTE	12
4-EGG OMELETTE WITH PARMA HAM, CHEDDAR CHEESE AND TOMATO	
ADD AVOCADO	2
SUNNY SIDE UP WITH ROSE HARISSA, SPINACH & ZA'ATAR ROASTED PUMPKIN SEEDS	11.5
*GLUTEN FREE BREAD	1
OPEN SANDWICH: AVOCADO, CRISPY PARMA HAM & TOMATO	10.50
*ADD A SUNNY SIDE UP	2
*GLUTEN FREE BREAD	1
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DAILY SPECIAL SALAD *VE	9.85
ADD AVOCADO	2
ADD SMOKED SALMON/ POACHED CHICKEN	2.75
DAILY SPECIAL SOUP	7
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SOURDOUGH TOASTIE	
AGED CHEDDAR CHEESE AND PARMA HAM	8
BUFFALO MOZZARELLA AND SUNDRIED TOMATO	7.95
CHICKEN, BUFFALO MOZZARELLA, SUNDRIED TOMATO	9
AGED CHEDDAR CHEESE AND CARAMELISED ONION CHUTNEY	7
HOMEWRECKER PIMENTO CHEESE, SAMBAL TOMAT & TOMATO	7.95
*ADD SAMBAL TOMAT FOR A SPICY KICK TO YOUR TOASTIE	1.2
*ADD A SIDE SALAD OR SOUP FROM OUR DAILY SPECIALS	3.95
*ADD GUT-FRIENDLY SAUERKRAUT	2
*GLUTEN FREE SOURDOUGH	1.20

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