



BEST OF THE BRUNCH

FIREY BENNIE

PANKO-CRUMBED POACHED EGGS
SESAME & ONION SPINACH
SRIRACHA HOLLANDAISE ON
HASHBROWN WITH:
bacon 13.5
salmon 14.75

EGGS BENNIE

POACHED EGGS
SPINACH
HOLLANDAISE ON MUFFIN WITH:
bacon 10.5
salmon 11.75

UP & AT 'EM

AMERICAN BACON SMASHED AVO
TOMATO POACHED EGGS
JALAPENO CILANTRO SAUCE ON
SOURDOUGH 12.5

SMASHED AVO

SMASHED AVO FETA CHILLI MINT
LEMON ON SOURDOUGH
OR HASHBROWN 10
THEN ADD ANY OF THESE:

smashed avo toppings: 2
american bacon
poached egg
chorizo
dukka & pomegranete

PANCAKE STACK

5 FRESHLY MADE VANILLA
PANCAKES WITH MAPLE SYRUP 10.5
THEN
ADD ANY OF THESE:

pancake toppings: 0.75
american bacon
grilled banana
blueberry
nutella
biscoff
whipped cream
toffee sauce
ice cream

BREAKFAST BURRITO

AMERICAN BACON JALAPENO
CILANTRO SAUCE EGGS
BLACKBEANS TOMATO
CHEESE & HASHBROWNS
veggie & vegan option available 12

HOT MESS BURRITO

CHORIZO TOMATO ONION
SMOKEY BEANS SPINACH
EGGS CHIPOTLE
CHEESE & HASHBROWNS
veggie option available 12

CHORIZO HASH

CHORIZO HALLUMI SPINACH
POTATO ONION POACHED EGGS &
HOLLANDAISE 14.75

ALLERGIES? **TALK TO YOUR SERVER**

OUR KITCHEN DOES HANDLE MULTIPLE ALLERGENS, AND WE CANT GUARENTEE
OUR FOOD IS NUT OR SESAME FREE



FRY UPS

FRY UP

**2 BACON 1 SAUSAGE 1 EGG
MUSHROOM
BEANS & TOAST 11**

FULL & PROPER

**2 BACON 2 SAUSAGE 2 EGGS
BLACKPUDDING MUSHROOM
HASHBROWN BEANS & TOAST 15.5**

VEGAN FRY UP

**2 VEGAN SAUSAGE MUSHROOM
TOMATO HASHBROWN SMOKEY
BEANS & AVO TOAST 13**

VEGGIE FRY UP

**1 VEGGIE SAUSAGE 2 EGGS
MUSHROOM TOMATO HASHBROWN
BEANS & TOAST 13**

EGGS ON TOAST

**2 EGGS ON TOAST
(SCRAMBLED / POACHED / FRIED) 5**

EARLY BIRD

**1 BACON 1 SAUSAGE 1 FRIED EGG
BEANS & TOAST 7**

fry up additions:

1.5 each

american bacon

black pudding

hashbrown

egg (poached, scrambled / fried)

bacon

lincolnshire sausage

veggie sausage

tomato

mushrooms

beans

avo

halloumi

pancake & maple syrup



LUNCH

MEAL DEAL

**GET ANY SHAKE, SMOOTHIE, BROWNIE, COOKIE, FLAPJACK, FRIES, DIRTY FRIES
1/2 PRICE WITH ANY OF THESE LUNCH ITEMS AT 7.50 EACH**

KOREAN BEEF ROLL

**SLOW COOKED KOREAN BEEF, KIMCHEE &
ASIAN STYLE SLAW
IN A SOFT CIABATTA ROLL**

BACON TOASTIE

**BACON AVO ROCKET TOMATO MAYO
ON A SOURDOUGH TOASTIE**

PULLED PORK ROLL

**SLOW COOKED BBQ PULLED PORK &
SLAW IN A SOFT CIABATTA ROLL**

CHORIZO TOASTIE

**CHORIZO ONIONS & PEPPERS WITH
CHEDDAR
ON A SOURDOUGH TOASTIE**

SMOKED SALMON BAGEL

**SMOKED SALMON CREAM CHEESE
LEAVES & PICKLED RED ONION
ON POPPY SEED BAGEL**

SHROOMY TOASTIE

**MISO MUSHROOM CHESTNUT LEEK PEPPERS
WITH VEGAN CHEESE OR CHEDDAR
ON A SOURDOUGH TOASTIE
(CONTAINS NUTS)**

FRIED CHICKEN WRAP

**FIRED CHICKEN LETTUCE TOMATO MAYO &
TONKATSU SAUCE
IN A SOFT TORTILLA WRAP**

MOZZARELLA TOASTIE

**MOZZARELLA PESTO TOMATO ROCKET
ON A SOURDOUGH TOASTIE
(CONTAINS NUTS)**

SIDES

SKIN ON FRIES	4
DIRTY FRIES (BACON)	6
DIRTY FRIES (JALAPENO)	6
AIOLI / SRIRACHA MAYO	1



BREAKFAST BUTTIES

(AVAILABLE AS PART OF THE MEAL DEAL)

WE USE SOFT CIABATTA ROLLS, REAL
BUTTER HEINZ KETCHUP & HP SAUCE

SMOKED BACON	4.95
SAUSAGE	4.95
EGG	4.95

Buttie additions: 0.75

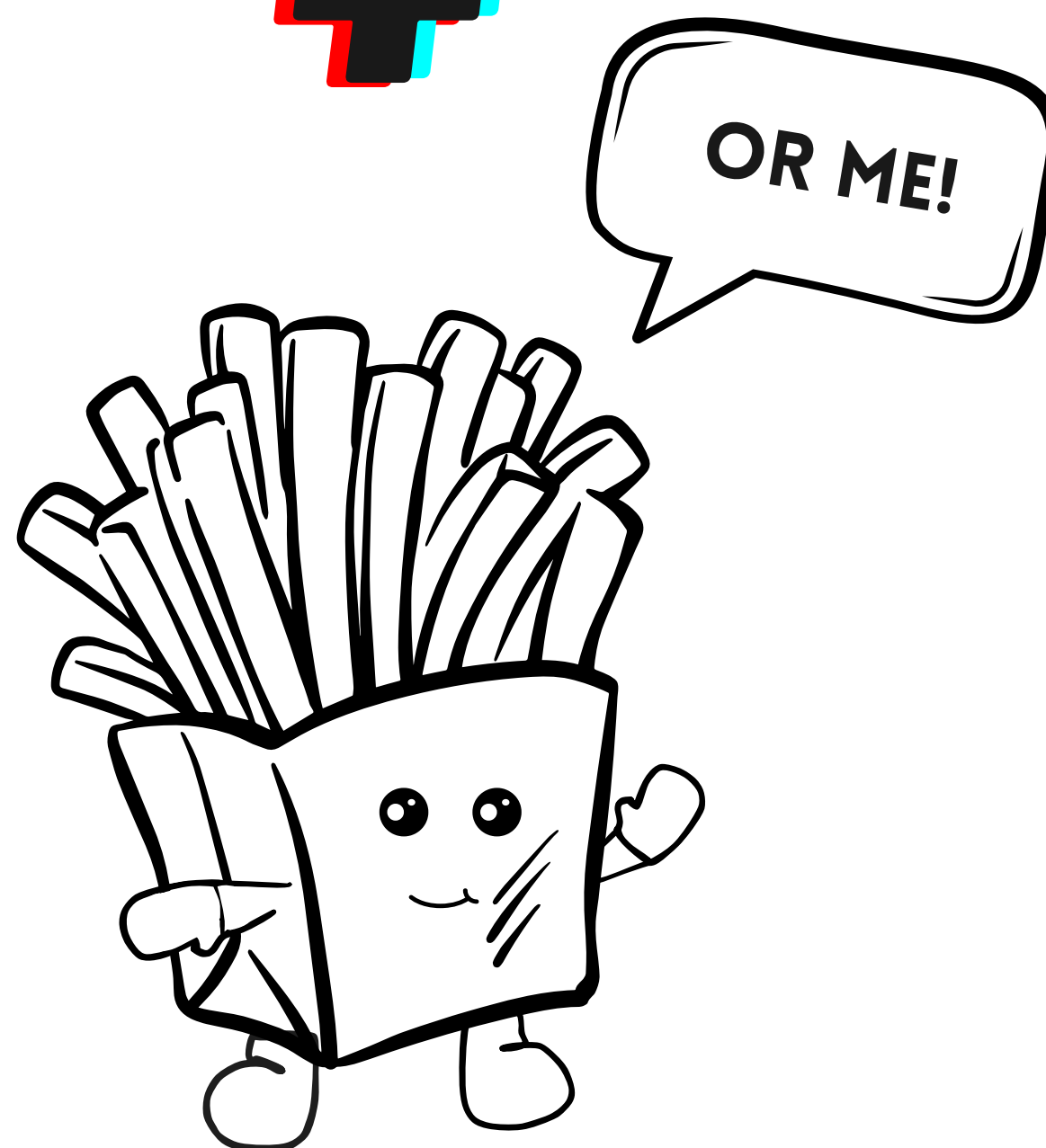
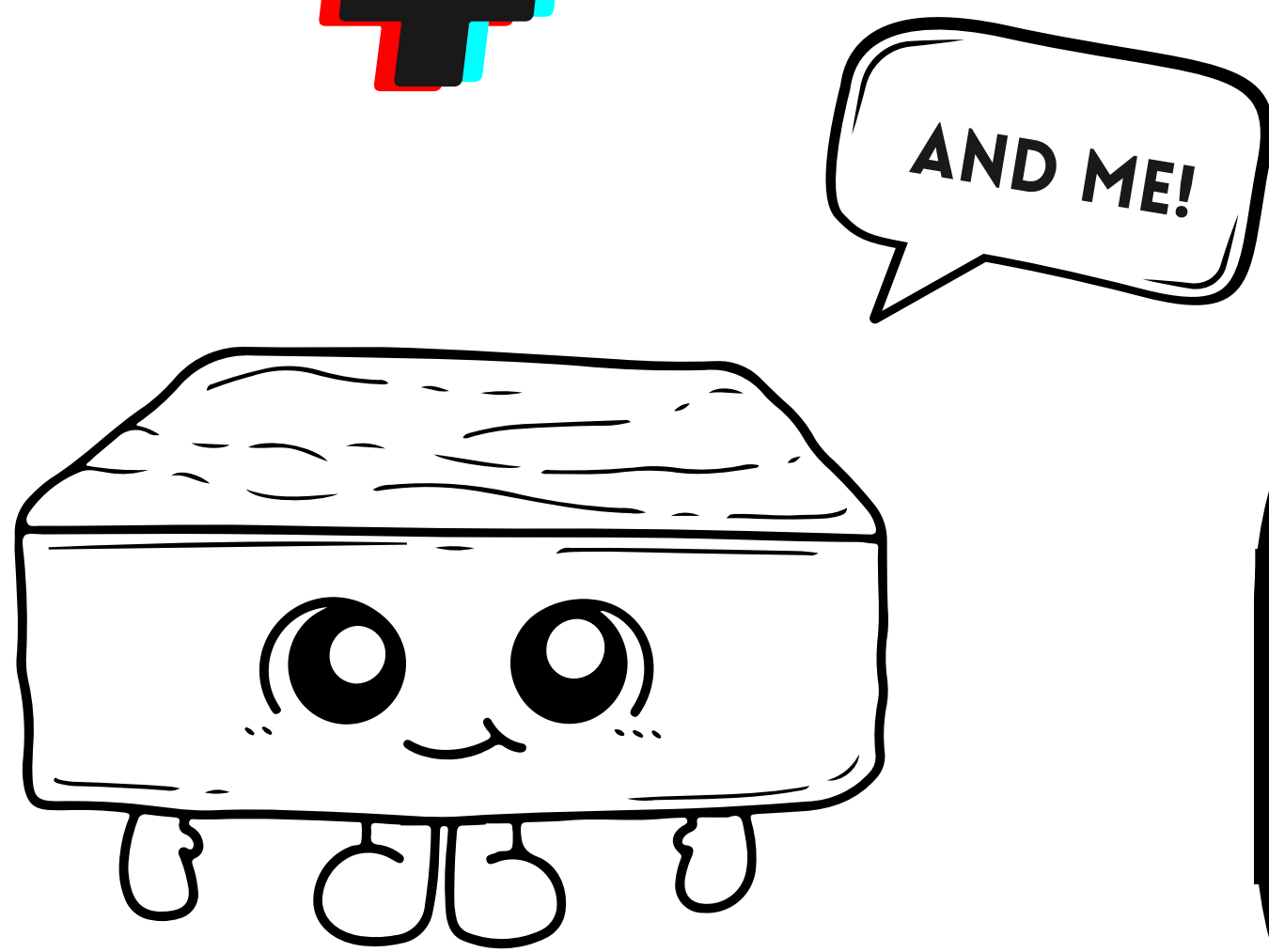
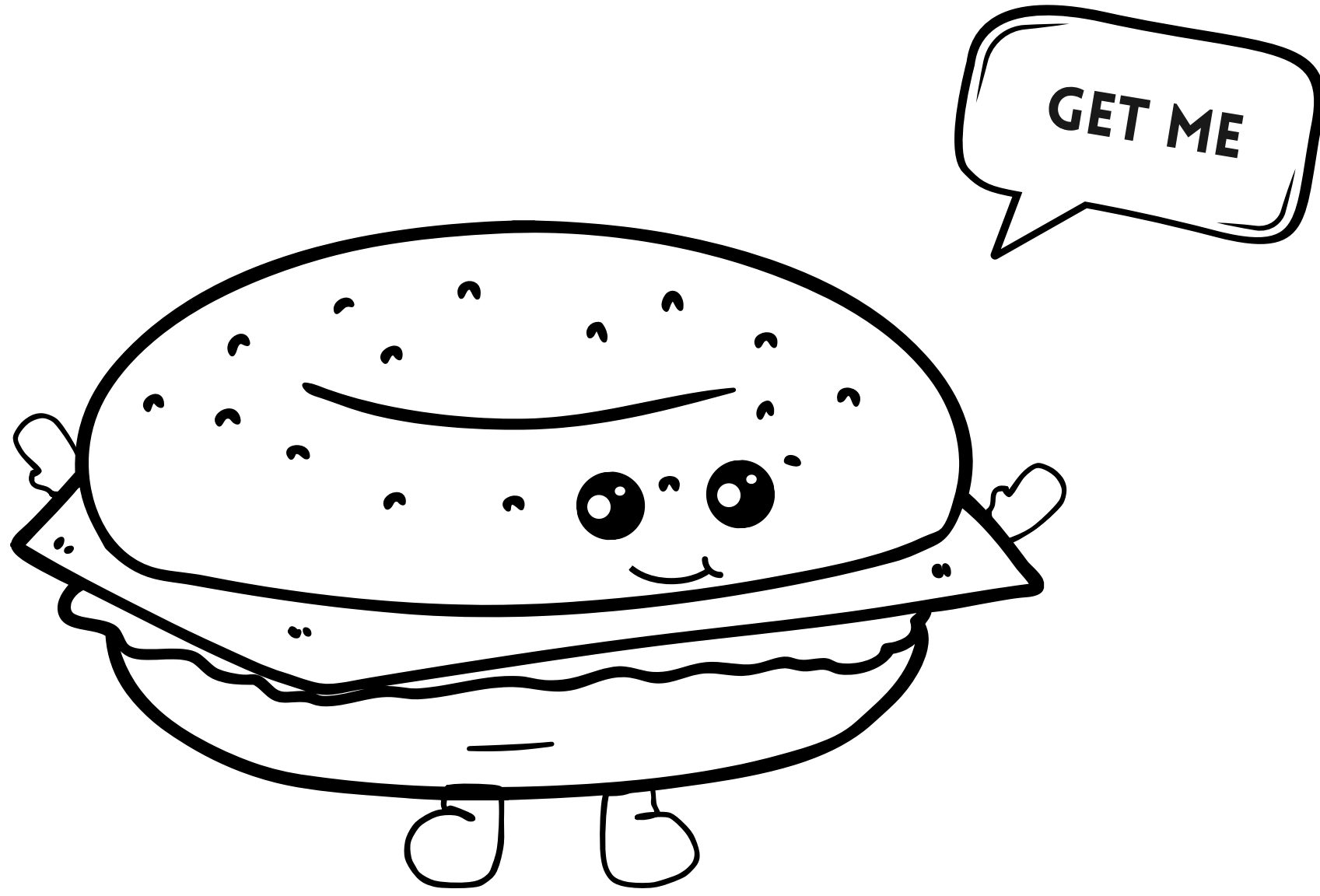
hashbrown
mushroom
veggie sausage
cheese
egg
bacon
sausage
blackpudding

OR ALTERNATIVELY HAVE A WRAP, WHITE OR BROWN SANDWICH



MEAL DEAL

ANYTHING FROM THE LUNCH MENU WITH ANY
(OR ALL) OF THESE FOR 1/2 PRICE



ROLLS, WRAPS, BAGELS & TOASTIES

- | | |
|---------------------|------------------------------|
| KOREAN BEEF ROLL | BACON SOURDOUGH TOASTIE |
| PULLED PORK ROLL | CHORIZO SOUDOUGH TOASTIE |
| SMOKED SALMON BAGEL | MOZZARELLA SOURDOUGH TOASTIE |
| KATSU CHICKEN WRAP | SHROOMY SOURDOUGH TOASTIE |

£7.5 EACH

SMOOTHIES

- RECOVERY
- ENERGIZER
- TROPICAL CRUSH
- LEAN GREEN
- SUPER BERRY
- PEANUT BOOST

SHAKES

- STRAWBERRY
- BANANA
- OREO
- BISCOFF
- VANILLA ICED CAPPUCCINO
- (SHAKES AVAILABLE VEGAN)

1/2 PRICE £3

SWEETS

- OREO BROWNIE
- CHOC CHIP BROWNIE

- CHOC CHIP COOKIE
- (VN) PEANUT BUTTER FLAPJACK

1/2 PRICE £1.75

1/2 PRICE £1.5

SIDES

- SKIN ON FRIES
- HASHBROWNS

- DIRTY FRIES WITH CHEESE & BACON
- DIRTY FRIES WITHCHEESE PEPPERS & JALOPENO

1/2 PRICE £2

1/2 PRICE £3

LITTLE PEOPLE

PANCAKES (V)

3 VANILLA PANCAKES WITH
MAPLE SYRUP 6.75

ADD ANY OF THESE
pancake additions: 0.75
blueberries
bannana
whipped cream
nutella
ice cream

EGGS / AVO ON TOAST

1 X EGG (POACHED, SCRAMBLED,
FRIED) OR AVO ON TOAST 3.5

ADD ANY OF THESE
fry up additions: 1.5
american bacon
hashbrown
egg
bacon
sausage
veggie sausage
tomato
mushrooms
beans
avo
halloumi

MILKSHAKES

SMALL SHAKE WITH WHIPPED
CREAM
(AVAILABLE VEGAN)

CHOCOLATE
BANANA
VANILLA
STRAWBERRY 4.5

BABYCHINO

SMALL BABY CHINO WITH CHOC
SPRINKLES 0.95

TODDLER SIZE BABY CHINO WITH
CHOC SPRINKLES &
MARSHMALLOWS 2.5

GLASS OF MILK 1.5

JUICES

ORANGE JUICE
APPLE JUICE
MANGO JUICE 3

HOT CHOCOLATE

SMALL HOT CHIOC 3
AMERICAN HOT CHOC WITH
WHIPPED CREAM &
MARSHMALLOWS 4





SMOOTHIES

MADE WITH FRESH FRUIT

COMES 1/2 PRICE WITH ANY LUNCH ITEM

RECOVERY

MANGO PINEAPPLE GINGER ORANGE 6

ENERGIZER

STRAWBERRY BANANA APPLE 6

TROPICAL CRUSH

STRAWBERRY MANGO PINEAPPLE 6

LEAN GREEN

MANGO PINEAPPLE BANANA SPINACH
MINT APPLE (WITH MORINGA + 75P) 6

PEANUT BOOST

PEANUT BUTTER BANANA MAPLE SYRUP
GRANOLA OAT MILK 6

SUPERBERRY

BLUEBERRIES CHERRIES STRAWBERRIES
APPLE COCONUT MILK FRESH TURMERIC &
GINGER 6

SHAKES

WHIPPED CREAM OPTIONAL

CAN ALL BE MADE VEGAN

COMES 1/2 PRICE WITH ANY LUNCH ITEM

STRAWBERRY

WITH VANILLA 6

BANANA

WITH HONEY & CINNAMON 6

OREO

WITH CHOCOLATE 6

BISCOFF

6

ICED CAPPUCINO

WITH VANILLA 6

JUICE

FRESH ORANGE JUICE 3.5

FRESH APPLE JUICE 3.2

MANGO JUICE 3.5

ICED COFFEE

ADD A SHOT OF SYRUP 0.5

OR ICE CREAM 1.5

ICED LATTE

COLD ESPRESSO WITH MILK 4

ICED AMERICANO

COLD ESPRESSO WITH ICE 3.5

ICED CHAI

ICED CHAI WITH MILK 4

ICED MOCHA

COLD ESPRESSO WITH MILK
& CHOCOLATE 4.2

COFFEE

DOUBLE ESPRESSO

2.2

AMERICANO

3.2

LATTE

3.6

CAPPUCINO

3.6

FLAT WHITE

3.5

MOCHA

3.9

TEA, CHAI + CHOC

HOT CHOCOLATE

3.8

AMERICAN HOT CHOCOLATE

WITH MARSHMALLOW &
WHIPPED CREAM 4.5

CHAI LATTE

3.6

MASALA CHAI

3.6

TEA

2.3

HERBAL TEA

3

SOFT DRINKS

MINERAL WATER

2

SPARKLING WATER

2.5

COKE / SPRITE / FANTA

2.5