


## BREAKFAST

8.00 – 11.40AM


### Spring greens omelette

with coconut and split pea dal, pickled red cabbage, crispy fried shallots and pita bread  10


### Courgette bread

toasted with halloumi, sweetcorn, black eyed bean & tomato salsa, poached egg and spicy chipotle sour cream  11.5  
add smashed avocado 4 add chorizo 4


### Wild mushrooms

on sourdough with a poached egg, sun blushed tomato white bean hummus and crispy shallot crumb  9.5  
add chorizo 4 add sautéed spinach 3

### Buddha bowl

Cauliflower quinoa 'rice' with edamame, smashed avocado, poached egg, fresh spinach, green tahini, house pickles and spicy turmeric seeds  9.5  
add grilled halloumi 4 add cured salmon 5


### Corn fritters

stacked with streaky bacon, fresh spinach, roast tomatoes, smashed avocado and lemon crème fraiche  13  
add a poached egg 1.5 add chorizo 4 add chilli jam 1

### Smashed avocado

on sourdough with poached egg, labneh, hazelnut & pistachio dukkah, courgette & fresh herb salad with your choice of Bacon 11.5 or Halloumi 12.5 or Beetroot cured salmon 14


### BERT


Bacon, fried egg, rocket and fresh tomato between toasted sourdough with plum ketchup aioli  8.5  
add sausage 4

## LIGHTER

**Bircher Bowl** with blueberries, banana, goji berries, passionfruit, toasted seeds & nuts 6.5


**Honey granola** with dried fruit & nuts, topped with fruit compote and Greek yoghurt 6.5

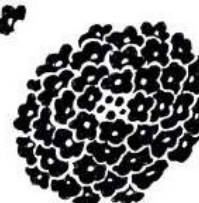
**Banoffee banana bread** toasted with toffee sauce and grilled banana 6  
add bacon 3.50 

**Eggs any style** on sourdough toast  5.8

## EXTRAS

Gluten free bread is available as a substitute bread for £1

Sautéed spinach	3	Cumberland sausage	4
Slow roast tomatoes	3	Black pudding	3.5
Portobello mushrooms	3	Chorizo sausage 	4
Smashed avocado	4	Beetroot cured salmon	5
Grilled halloumi	4	Poached egg	1.5
Streaky bacon	3.5	Extra slice toast	1.5



A discretionary service charge of 12.5% will be added to your bill. We cannot guarantee the absence of nuts and flour. Please inform a member of staff of any allergies. 

**SODAS**

- House Lemonade 3
- House Gingerade 3
- House Hibiscus, Lime, Mint 3
- Coke / Diet coke 2.5
- Still / Sparkling 2 / 3.5

**ICE SLUSHIES**

- Pina colada 3.5**  
Pineapple, coconut milk, honey
- Surfer's Paradise 3.5**  
Orange, pineapple, lime, mint
- Um Bungo 3.5**  
Apple, lemon, pineapple, orange, passionfruit

**JUICES**

- OJ Freshly Squeezed 3.8**
- Green Machine 4.5**  
Kale, celery, cucumber, lime, apple
- Sunshine Coast 4.5**  
Carrot, orange, apple, ginger
- Detox 4.5**  
Beetroot, carrot, apple, ginger

**SMOOTHIES**

- Classic Smoothie 5**  
Banana, berry, honey, milk, yoghurt
- PBD 5**  
Peanut butter, banana, date, almond milk, cinnamon
- Power Smoothie 5**  
Avocado, banana, oat milk, honey

**COFFEE TEA CHOCOLATE**

**Black**

- Espresso 2.2
- Long Black 2.6
- Filter, single origin (300ml) 3
- Cold drip coffee 3.6

**White**

- Flat White 3
- Latte, Cappuccino 3
- Piccolo 2.6
- Macchiato 2.4
- Chai Latte 3
- Iced coffee 3.5
- Soy, Oat, Almond milk available +50p

**Tea by Good & Proper Tea**

- Lantana Breakfast, Earl Grey, Wild Rooibos,
- Jade Tips, Hibiscus 2.6

**Chocolate**

- Hot Chocolate/Mocha (Koko Deluxe from Melbourne) 3/3.5

**Infusion**

- Lemon, ginger and honey, Fresh Mint. 3