



# Morning Menu

Tuesday - Friday from 10am - 11.45pm

## Toasted

TOASTED MUFFIN, butter & jam	£2.25
TOAST, butter & jam	£2.00

## Hot Dishes

MID WEEK BREAKFAST	£6.95
sausages, bacon, tomato, egg, baked beans, toast & house tea or Americano (GF*)	
BREAKFAST PLATE	£7.25
mini natural yoghurt & fresh fruit pot, small glass of fresh orange juice & poached egg on muffin with spinach. (GF*)	
HOT VEGAN BREAKFAST	£8.95
Hash brown, vegan sausage, tomato, mushrooms, beans, spinach & vegan roll	
SCRAMBLED EGGS	£4.95
on brown toast, white toast or sour dough (GF*) with local smoked salmon	£8.95
SAUSAGE OR BACON BAP (GF*)	£4.00
with poached egg	£4.95
'THE BIG BAP' (GF*)	£6.25
Sausage, Bacon, Egg & Tomato Relish	
MALTED WAFFLE	£7.25
with crispy bacon & maple syrup or fresh fruit & maple syrup	
VEGAN SAUSAGE BAP tomato relish	£4.00
with poached egg	£4.95
GRILLED SOURDOUGH (GF*)	£7.25
with cherry tomatoes & portobello mushroom add a poached egg	£8.25

## Pastries

HOMEMADE SCONE	£1.75
PORTUGUESE CUSTARD TART	£2.75
HANDMADE LEMON SILVANA (Filipino frozen cookie)	£3.00
WARM PEAR & ALMOND TART with whipped cream	£4.95
CARAMELISED APPLE TART with vanilla ice-cream (please allow 15 min.)	£4.95
CHOCOLATE & COCONUT TART with raspberries (V.A.) (GF)	£4.95

## Juices

FRESH ORANGE JUICE	£2.95
MIMOSA - fresh orange juice & fizz	£7.95
PINEAPPLE, TOMATO OR GRAPEFRUIT JUICE	£2.65

## Coffees

AMERICANO	£2.45
FLAT WHITE	£3.10
DOUBLE ESPRESSO, CORTADO, MACCHIATO	£2.50
CAPPUCCINO	£3.10
LATTÉ	£3.10
Add a syrup shot (caramel, vanilla, hazelnut) (Gm free soya or oat milk available)	£0.30

## Teas

HOUSE TEA	£2.10
EARL GREY, CHAMOMILE, PEPPERMINT	£2.60

## Food allergies & intolerances

Please speak to our staff about the ingredients in your meal, when making your order. Thank you.

GF - made from non gluten products GF\* - can be made with non gluten products (however please note there are gluten products throughout the kitchen & although we can make products with gluten free materials we cannot guarantee they are free from gluten).

V - made from vegan products V.A. - can be made with vegan products