Breakfast (Gluten Free)

(8am - 11.30am Mon to Fri, from 9am - 11.30am Sat)

Oats & Grains	<u>Breakfas</u>
Overnight oats£3.95 spiced apple & banana	Sausage & egg
Toast	Cured streaky American chee
	Chorizo hash 8 American chee
butter & preserve	Halloumi & eg grilled tomato
Eggs any style£4.50	-
Smoked Salmon£6.95 caper cream cheese, poached egg	Smoothie
& hollandaise 3 Cheese toastie£5.50	The green one Apple, spinach
Cheddar, Gruyere and Emmental	The orange on Carrot, ginger,
Avocado£5.95 sautéed spinach & poached eggs	The red one Beetroot, bana
Shakshuka£7.50 Spiced tomato, peppers & baked eggs	·

Breakfast Sandwich
Sausage & egg£5.50 American cheese & R&R ketchup
Cured streaky bacon & egg £5.50 American cheese & R&R ketchup
Chorizo hash & egg£5.50 American cheese & R&R ketchup
Halloumi & egg£5.50 grilled tomato & R&R ketchup
Smoothies
The green one£4.50 Apple, spinach, avocado & lemon
The orange one£4.50 Carrot, ginger, apple & mango
The red one£4.50 Beetroot, banana, orange & ginger