

KITCHEN

FROM THE KITCHEN

(served until 3pm)

SOURDOUGH TOAST

Banana, peanut butter & freeze-dried raspberries	£3.50
Chia jam, almond butter & bee pollen	£3.50
Mascarpone, compote, berries & pistachio	£4.00
Guacamole with chilli, lime & coriander	£4.50
Burrata, almond pesto, spinach & toasted pine nuts	£5.50

Substitute for rye +£1 / GF +£1 / protein bread +£2.50

GRAINS

Coconut milk porridge with seasonal toppings	£6
Granola served with berries, greek yoghurt & almond milk	

Add nut butter / protein +£1

VEGAN PANCAKES

With blueberries & bacon	£10
With caramelised banana & toasted hazelnut	

Add protein + £1

EGGS ANY WAY

Poached, scrambled, boiled or fried on sourdough	£6.50
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Substitute for rye +£1 / GF +£1 / protein bread +£2.50

SMASHED AVO WITH POACHED EGGS	£8.00
Guacamole with chilli, lime & coriander topped with two poached eggs on toasted sourdough	

Add spinach +£2

C/C BOWL	£10.50
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Dukka sautéed greens, topped with a coconut dressing, guacamole, roasted vine tomatoes & two poached eggs

Add smoked salmon + £3

BAKED EGGS	£10.50
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Spiced & roasted peppers & tomatoes with two poached eggs & guacamole

Add chorizo +£3

TURKISH EGGS	£10.50
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Two poached eggs with a dill yoghurt, harrisa dressing & toasted sourdough

Add guacamole +£2

EXTRAS

chorizo / bacon / sausage / smoked salmon	£3
spinach / mushroom / vine tomatoes / guacamole /	£2
sweet potato toast / extra egg / halloumi / feta	
extra toast / almond pesto	£1

FROM THE DELI

(served until close & take away available)

CHOOSE YOUR SALADS

Natural, seasonal & delicious salads

2 salads	£7.50
3 salads	£8.50
+ your protein	£2.50-£4.50
+ your extras	£1.50-£3

SEASONAL SPECIALS

For our monthly specials please see the boards or ask a member of staff.

We are proud of the delicious produce we get from the best suppliers – Beckland Brown eggs, Dingley Dell Farm & butchery, Foreman & Sons fishmongers, Paul Rhodes Bakery, Goodwood Estate Dairy

Eat in prices are subject to VAT – prices listed below are VAT inclusive

Disclaimer – Although we take the utmost care to accommodate all dietary requirements, our kitchen does use products that contain nuts, dairy, soy and gluten