

## ALL DAY MENU

- Big brekkie** 10.4  
Eggs your way with bacon, sausage, tomato, mushrooms, hash browns, beans & toasted sourdough (850 Kcal)
- Corn fritters** 8.4  
Corn, spring onion, parsley & ricotta fritters served warm with prosciutto, rocket, soured cream & chunky chilli chutney (622 Kcal)
- Sausage & egg bagel** 8.6  
Signature blend coffee infused bacon jam, sausage patty, cheddar & a fried egg on a toasted seeded bagel (748 Kcal)
- Meatball banh mi** 9.6  
Teriyaki beef meatballs, sriracha mayo, carrot & cucumber ribbons, coriander, sweet & sour onions on toasted ciabatta (792 Kcal). Make it veggie with moving mountains meatless balls (814 Kcal)
- Blueberry Pancakes** 9.9  
Homemade blueberry pancakes with your choice of banana & maple syrup (1268 Kcal) or bacon & maple syrup (1109 Kcal)
- Vegan brunch** 9.7  
Toasted sourdough with avo smash, tomato, spinach, portobello mushroom, hash browns & chilli jam (578 Kcal)
- Peri Peri burger** 13.8  
Grilled marinated chicken breast, rocket, tomato, guacamole & peri peri mayo on a toasted brioche bun. Served with chips (675 Kcal). Swap for sweet potato fries (704 Kcal) **1.2**
- Black pudding & colcannon** 9.6  
Spinach, black pudding, pea pesto, asparagus, pancetta, poached egg & a colcannon potato cake (701 Kcal)
- Avo smash** 10.1  
On toasted sourdough with, feta, herbs, cherry tomatoes, nigella seeds, a poached egg & maple glazed bacon (602 Kcal). Swap bacon for smoked salmon (541 Kcal) **12.1** Make it naked (597 Kcal) **7.6**
- King prawns & mango** 9.9  
Black rice, quinoa, mango, rocket & edamame bean salad. With king prawns & mango sauce (778 Kcal)
- Eggs benny** 10.1  
Toasted sourdough with spinach, poached eggs & warm hollandaise. Choose from: sauteed mushrooms (380 Kcal), or bacon (440 Kcal). Topped with smoked salmon instead (429 Kcal) **12.1**
- Paleo eggs benny** 10.1  
Portobello mushroom, spinach, asparagus, poached eggs, warm hollandaise & mixed seeds (403 Kcal)

- Veggie roll** 7.8  
Grilled halloumi, avocado, rocket, a poached egg, caramelised onion & aioli all on a toasted charcoal brioche bun (633 Kcal)
- Black & blue burger** 13.9  
Aberdeen angus patty, aioli, rocket, tomato, stilton & green tomato chutney on a toasted charcoal brioche bun. Served with chips (1342 Kcal). Swap for sweet potato fries (1371 Kcal) **1.2** Make it veggie with our moving mountains burger patty (1150 Kcal with chips) or (1179 Kcal with sweet potato fries)
- Steak stack** 11.4  
With portobello mushroom, rocket, tomato, bacon, asparagus, all topped with a poached egg & hollandaise (480 Kcal)
- Chorizo & chunky chilli** 9.9  
Chorizo sausages, aioli, watercress & chunky chilli chutney on toasted ciabatta (988 Kcal)
- Fish & chips** 10.2  
Battered cod fillet, tartare sauce, chips & mushy peas (814 Kcal)
- Steak sarnie** 11.9  
Minute sirloin steak, aioli, watercress, tomato & English mustard on toasted spianata bread (1089 Kcal)

## ANYTIME TOAST

- Eggs anyway you like** 6.4  
Your choice of fried (566 Kcal), scrambled (482 Kcal) or poached eggs (493 Kcal) served on toasted sourdough with butter
- Exotic mushrooms** 8.9  
Toasted seeded sourdough topped with cream cheese, spinach, seasoned portobello, nameko, wine cap & straw mushrooms (569 Kcal)
- Turkish eggs** 7.3  
Avocado, hummus, yoghurt, tomato, feta, rocket, olives, sweet & sour onions, spinach, chilli oil, fried eggs & mixed seeds with toasted flatbread (934 Kcal)
- Figs & feta** 8.3  
Whipped feta & yoghurt on toasted seeded sourdough, topped with figs, honey & pistachio nuts (1023 Kcal)
- Hummus & sundried tomatoes** 7.1  
On toasted spianata bread with roasted paprika chickpeas & pesto (763 Kcal)
- Toast** 3.4  
Sourdough, (238 Kcal) fruit loaf (184 Kcal) or granary (239 Kcal). Served with butter & jam

## FROM THE CABINET

All our products are made fresh, on site, every day. We have a selection of wraps, tarts, frittata's, open flatbreads, filled spianata's, sourdough toasties, pastries, muffins & a selection of home baked cakes, to name just a few.

You can browse the cabinet or ask a member of the team for today's choice.

## CHOOSE YOUR SIDES

- Eggs (131 Kcal) 2.1
- Hash browns (155 Kcal) 2.7
- Spinach (9 Kcal) 1.6
- Chips (252 Kcal) 3.6
- Mushrooms (13 Kcal) 2.0
- Roasted tomato (29 Kcal) 2.0
- Bacon Jam (142 Kcal) 2.3
- Sausages (299 Kcal) 2.8
- Avo smash (103 Kcal) 2.9
- Halloumi (128 Kcal) 2.7
- Smoked salmon (84 Kcal) 3.8
- Baked beans (73 Kcal) 1.6
- Sweet potato fries (236 Kcal) 4.2
- Hummus (214 Kcal) 2.2
- Chilli jam (211 Kcal) 2.1
- Black pudding (233 Kcal) 2.9
- Chorizo sausages (338 Kcal) 2.9
- Avo half (278 Kcal) 2.9
- Bacon (112 Kcal) 2.9

## KIDS CORNER

- Mini shakes** (179 Kcal) 2.6
- Babyccino** (25 Kcal) 0.9
- Blueberry pancakes** 6.9  
Homemade blueberry pancakes with your choice of banana & maple syrup (774 Kcal) or bacon & maple syrup (706 Kcal)
- Kids brekkie** 6.0  
Eggs your way, bacon, sausage, beans, hash brown & toast (448 Kcal)
- Mini cheeseburger** 6.9  
With chips & beef tomato (669 Kcal)
- Fish fingers** 6.2  
With chips & mushy peas (500 Kcal)
- Egg on toast** (182 Kcal) 4.0
- Cheddar & marmite toastie** (352 Kcal) 3.9
- Beans on toast** (396 Kcal) 3.9
- Cheese on toast** (310 Kcal) 3.8
- Banana & Nutella toastie** (273 Kcal) 3.9
- Ham & cheese toastie** (248 Kcal) 3.9

## COFFEE

- Jamaica Blue Signature Blend** from 3.3  
100% Arabica beans from six of the finest coffee growing regions around the world
- Jamaica Blue Mountain Coffee** from 4.3  
Single origin beans from the prestigious blue mountains of Jamaica.
- Both blends available as long black, cappuccino, flat white, latte, mocha, espresso, piccolo, macchiato, or affogato
- Shott flavoured syrups** 0.8  
Hazelnut, vanilla, caramel, spiced pumpkin, chai, salted caramel, butterscotch, or almond (65 Kcal)
- Oat, soya, coconut, or almond milk are available on request** 0.3

## HOT DRINKS

- Birchall Loose Leaf Tea** (8 Kcal) 2.9
- Speciality lattes** 4.1  
Spiced pumpkin, chai, salted caramel, butterscotch, or almond (330 Kcal)
- Milk Hot Chocolate** (277 Kcal) 3.2
- Luxury Hot Chocolates** 4.0  
White, gingerbread, butterscotch, flamed orange, or wild mint. Topped with whipped cream (430 Kcal)

## HANDCRAFTED IN HOUSE

- Granita's** 4.3  
Passion fruit, peach & black tea, three berry, or Tahitian lime (49 Kcal)
- Smoothie** 4.9  
Mixed berry & yoghurt (174 Kcal)
- Breakfast protein shake** (860 Kcal) 5.1  
Dark chocolate, banana, protein powder, oat milk & coconut (860 Kcal)
- Milkshakes** 4.6  
Chocolate, vanilla, banana, strawberry, butterscotch, or black coconut (380 Kcal)
- Thickshakes** (523 Kcal) 4.9
- Coffee over ice** 3.9  
Latte, or long black (150 Kcal)
- Specialty coffee over ice** 4.6  
Latte, or long black with your choice of any of our shott syrup flavours (295 Kcal)

## CHILLED DRINKS

We have a selection of chilled bottled drinks in the fridge

