

SEE TABLE MENUS
FOR FULL DESCRIPTION
OF OUR FOODS

BREAKFAST

| | Takeaway | Eat In |
|---|--------------|----------------------|
| Two American Pancakes (V) | £2.99 | £2.99 |
| Two Protein Pancakes (V) | £3.99 | £3.99 |
| Choose from honey, maple syrup, golden syrup or dark choc sauce Toppings 70p each: strawberries, raspberry compote, banana, blueberries, peanut butter | | |
| American Breakfast (with American / protein pancakes) | - | £7.99 / £8.99 |
| Two pancakes (choose above) with maple syrup, two bacon medallions, scrambled egg, toast & conserve | | |
| Full English | - | £8.99 |
| Two Bacon medallions, chicken sausage, scrambled egg, beans, toms, mushrooms, toast & hashbrown | | |
| Veggie English (V) Vegan also available see table menus | - | £8.49 |
| Linda McCartney Sausages, scrambled egg, beans, toms, mushrooms, toast & two hashbrowns | | |
| Super Lo-Carb (GF) | - | £7.29 |
| Two Bacon medallions, chicken sausage, scrambled egg, mushrooms & roasted vine tomato | | |
| Porridge—Classic (V) with honey and pumpkin seeds | £2.79 | £2.79 |
| Porridge—Smooth (V) as Classic +red. fat greek yogurt | £2.99 | £2.99 |
| Porridge—Power (V) as Classic +vanilla whey, apple juice & cinnamon | £3.79 | £3.79 |
| Toppings 70p each: strawberries, raspberry compote, banana, blueberries. | | |
| Crispy Seven Nut Granola (V) honey, greek yog & seasonal fruits | £3.99 | £3.99 |
| Surfer Breakfast Roll chicken sausage & fried egg on granary roll | £3.99 | £3.99 |
| Veggie Breakfast Roll (V) Linda McC sausage & fried egg on granary | £3.99 | £3.99 |
| Scrambled Eggs—Classic (V) Two Toast, Three Eggs | - | £4.49 |
| Egg White Scrambler (V) One Toast, Four Egg Whites | - | £4.49 |
| Add 2 Bacon Medallions +£2.50, Add Extra Egg +£0.50, Add Half Avocado +£1.50 | | |
| Clean Start Breakfast (V) two Poached Eggs, Rye bread toast, Avocado & tomatoes | | £5.99 |

GLUTEN FREE BREAD & BUN CHOICES AVAILABLE ACROSS BREAKFAST AND LUNCH

Gluten Free Bread +20p / slice - Genius GF Bun +60p

NB: Please look at our table menus for full descriptions of all our foods. These menus also give full nutritional info on all our foods and the modifiers that these bread options provide.