## BREAKFAST

## FRUIT, YOGHURT, BAKERY Mini fruit danish/large pastry v SMOOTHIES Pink grapefruit half Vg 3 Kiwi, mint & cucumber Ham & cheese croissant v 5 Carrot, ginger & apple Apricot, milk & yogurt Granola, yoghurt & berries v Carrot, cucumber & basil Porridge, berry compote v Orange & berries Banana & peanut butter Yoghurt, seasonal fruits, quinoa & almonds v all at 5.5 Seasonal fruit plate Vg 7 JUICES Banana bread, kiwi & poppy seed compote v Orange (squeezed to order) Bircher muesli, yoghurt v 7 Pink grapefruit (squeezed to order) Green apple ~ Pineapple ~ Carrot COOKED all at 3.5 Bacon or sausage sandwich HOUSE PRESS Eggs on toast v 6 Green ~ Hard Green ~ Red Citrus ~ Ginger ~ Glow (small) ~ Crepes, lemon & sugar or nutella v 6 Refresh (small) ~ Energy (small) Croque monsieur/madame 6/7 Small at 4 ~ Large at 7 French toast, apple, cinnamon, cream v 7 BREAKFAST SIDES 3 egg omelette, toast 7 All at 3 Salt beef hash, duck egg Grilled tomatoes v~ Baked beans v~ Field Kippers, poached egg & spinach mushrooms v~ Steamed spinach v~ Pancakes, blueberries v/bacon, maple Toast (At 2) vg Smoked salmon & scrambled eggs Eggs benedict/florentine v/royale Black pudding ~ Smoked bacon ~ 9 Avocado & poached eggs, toast v Sausages ~ 2 Eggs any style v ~ Smoked salmon, sweet potato, barley, egg Smoked salmon ~ Avocado mix v ~ Half/full English 8/12 Sliced avocado v

## COFFEE

Espresso ~ Macchiato
Cappuccino ~ Flat white
Cafe latte ~ Americano
Hot chocolate

## TEA

English breakfast ~ Earl grey
Fresh mint ~ Lapsang souchong
Darjeeling ~ Camomile
Rooibos ~ Sencha green

all at 3