

BREAKFAST

CHECK AVAILABILITY AFTER MIDDAY

STACKED FULL WELSH **£11.25**

Toasted seeded bread, poached egg, streaky bacon, sausage, cheesy leek potato croquette, half grilled tomato and beans.

VEGETARIAN STACKED  **£11.25**

Toasted seeded bread, field mushroom, halloumi, poached egg, tomato, cheesy leek potato croquette and beans.

VEGAN STACKED  **£10.95**

Toasted seeded bread, large field mushroom, grilled tomato, avocado and baked beans.


SMALL MEAT or SMALL VEG BREKKIE  **£7.50**

Toasted seeded bread, poached egg, streaky bacon and sausage.

Toasted seeded bread, mushroom, halloumi and poached egg.

PORRIDGE WITH UP TO 3 TOPPINGS  **£4.60**

Warm, filling and super healthy. Topped with maple syrup/honey/sugar/mixed berries, bananas or jam. **Alt. milk £5.00**

GRANOLA BOWL - with greek yoghurt and berry compot.  **£4.45**

BREAKFAST SOURDOUGH BAP - CHOOSE YOUR FILLINGS

sausage / bacon / poached egg
halloumi / black pudding / mushroom

1 filling **£4.50**
2 fillings **£5.50**
3 fillings **£6.50**

POWER BOWL  **£6.95**


Warmed homemade banana bread on top of natural yoghurt, sprinkled with chia and pumpkin seeds. Perfect post workout dish.

NEW

EGGSTRA SPECIAL  **£5.25**


Choose from scrambled or poached eggs on toasted sourdough

WAFFLES (SWEET & SAVOURY)

ALL THE BERRIES - Sweet waffle, (strawberry, raspberry, blackcurrants etc) compote with maple syrup & thick greek yoghurt.  **£8.95**

I SCREAM FOR WAFFLE! - Sweet waffle, Vanilla ice cream with lashings of chocolate sauce.  **£8.95**

THE ELVIS - Sweet waffle topped with maple syrup, crispy bacon and a dusting of icing sugar. (Sweet & salty) **£9.45**

CHEESEY PLEASEY - Savoury waffle containing cheddar cheese & spinach, topped with halloumi, salad garnish and chilli jam (trust us on the jam).  **£9.45**

VEGETARIAN 

VEGAN 