



BREAKFAST

CHECK AVAILABILITY AFTER MIDDAY

STACKED FULL WELSH £8.95

Toasted seeded bread, black pudding, poached egg, streaky bacon, sausage, cheesy leek potato croquette and beans.

VEGETARIAN STACKED £8.50

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

VEGAN STACKED £8.50

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

SMALL MEAT BREKKIE £6.25

Slice of toast, poached egg, streaky bacon and sausage.

SMALL VEG BREKKIE £6.25

Slice of toast, avocado, halloumi and poached egg.

ALL DAY BREAKFASTS

GRANOLA BOWL - with greek yoghurt and berry compot. £3.95

BREAKFAST SOURDOUGH BAP - CHOOSE YOUR FILLINGS

Sausage/bacon/poached egg/avocado/halloumi	1 filling	£4.00
.....	2 fillings	£5.50
.....	3 fillings	£6.25

POWER BOWL £6.95

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

SMASHED AVOCADO ON TOAST £7.75

Toasted seeded bread smothered with smashed avocado and drizzled with olive oil.

WAFFLES (SWEET & SAVOURY)

ALL THE BERRIES - Sweet waffle, (strawberry, raspberry, blackcurrants etc) compote with maple syrup & thick greek yoghurt. £7.95

BIG KID - Sweet waffle, Vanilla ice cream with lashings of chocolate sauce. £7.95

THE ELVIS - Sweet waffle topped with maple syrup, crispy bacon and a dusting of icing sugar. (Sweet & salty) £8.50

CHEESEY PLEASEY - Savoury waffle containing cheddar cheese & spinach, topped with grilled halloumi, salad garnish and chilli jam (trust us on the jam). £8.50

EXTRAS

Sausage £2.00 Streaky Bacon £2.00 Avocado £2.00

Beans £1.00 Egg £1.00 Mushroom £1.50

Vegetarian

Vegan

