

BREAKFAST

CHECK AVAILABILITY AFTER MIDDAY

STACKED FULL WELSH £10.45

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

VEGETARIAN STACKED  £10.45

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

VEGAN STACKED  £10.25

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

SMALL MEAT BREKKIE £6.75

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

SMALL VEG BREKKIE  £6.75


Slice of toast, mushroom, halloumi and poached egg.

ALL DAY BREAKFASTS

PORRIDGE WITH UP TO 3 TOPPINGS  £4.60

Warm, filling and super healthy. Top with maple syrup/honey/sugar/mixed berries, bananas or jam.

Alt. milk
£5.00

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

BREAKFAST SOURDOUGH BAP - CHOOSE YOUR FILLINGS

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

1 filling
2 fillings
3 fillings

£4.00
£5.50
£6.25
£6.95


POWER BOWL 

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

MEXICAN SUNRISE NEW £8.95


Toasted seeded bread loaded with soft scrambled eggs, sprinkled with smashed chorizo and drizzled with garlic & chorizo aioli sauce. Pico de gallo on the side.

WAFFLES (SWEET & SAVOURY)

ALL THE BERRIES - Sweet waffle, (strawberry, raspberry, blackcurrants etc) compote with maple syrup & thick greek yoghurt.  £8.45

I SCREAM FOR WAFFLE! - Sweet waffle, Vanilla ice cream with lashings of chocolate & caramel sauce.  £8.45

THE ELVIS - Sweet waffle topped with maple syrup, crispy bacon and a dusting of icing sugar. (Sweet & salty) £8.95

CHEESEY PLEASEY - Savoury waffle containing cheddar cheese & spinach, topped with halloumi, salad garnish and chilli jam (trust us on the jam).  £8.95

Vegetarian

Vegan

