





COFFEES. TEAS. SMOOTHIES

Unlimited Black Filter Coffee £5

Cappuccino £2.50

Latte £2.80

Mocha £2.90

Espresso £1.60 Double £2

Selections of Teas £1.95

Homemade Fruit Iced Teas £4

Kale, Spinach, Apple & Banana Smoothie £4.50 Blueberry, Kale, Strawberry, Spinach Smoothie £4.50 Other Smoothies Available Upon Request £4.50



mon - fri 12pm - 4pm sat - sun 10am - 4pm

Normal Menu Also Available

Huevos Rancheros - Mexican Breakfast (Eggs, Chorizo, Re-fried Beans, Cheddar Tortilla, Salsa, Sour Cream & Guacamole). £7.50

Lean English Breakfast (Eggs, Lean Bacon, Baked Hash Browns, Sourdough Toast, Beans, Lean Sausage,), £6.50

Veggie Breakfast (Eggs, Grilled Halloumi, Mushrooms, Beans Sliced Avocado & Sourdough Toast) £6.00

High Protein, Low Carb Breakfast (4 Eggs, Lean Bacon, Lean Minced Beef, Quinoa, Spinach, Almonds & Guacamole) £8

American Pancakes with Bacon & Maple Syrup £5 with Blueberries £5

Toast Royale Smoked Salmon on Sourdough Toast topped with Eggs, Sliced Avocado & Hollandaise Sauce £7.50

Chicken Ceasar Salad with Grilled Chicken Breast, Mixed Leaf Salad, Croutons, Light Caesar Dressing & Parmesan £8.50 Without Chicken £5.50

Breakfast Burrito with Scrambled Eggs, Lean Bacon, Baked Hash Browns, Lean Sausage & Beans. Topped with Melted Mozzarella & Low Fat Sour Cream £6.50

Omelette - Served with Salad & Sourdough Toast. £5 Add 2 of: Cheese - Spinach - Lean Bacon - Mushroom

Street Food Style Burrito with Spiced Rice, Guacamole,, Salsa & Sour Cream -Chicken £7 Veg £6

Skirt Steak & Eggs in a Pan £7.50

Add A Side For Only £1.50:

-Egg - Spinach - Toast - Baked Hash Brown - Sliced Avocado - Halloumi - Lean Bacon - Lean Sausage -Mushroom - Beans

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